Chichester Herald

Friday 22 November 2013
YOUR FREE WEEKLY NEWSPAPER
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Campers still 'fracked off'

>> *Activists moved on after 'positive' meeting with council leader*

David Brooke & Dean Adams
NEWS@CHICHESTERHERALD.CO.UK

ANTI FRACKING ACTIVISTS camped on Chichester council lawns have packed up and left after a 'constructive' meeting with a council leader.

About 25 campaigners pitched tents outside West Sussex County Council headquarters after the authority secured an order removing a protest camp at Balcombe.

But after just two days the tents outside County Hall in Chichester were taken down after campaigners said a positive meeting with council leader Louise Goldsmith on Monday morning was a step towards rebuilding trust lost during passionate protests over the summer.

The campaigners who fear public water supply could be contaminated by chemicals used in fracking arrived in Chichester on Saturday and set up tents pledging to remain until they were evicted.

The tit-for-tat move followed the county authority getting a High Court order to shift the protesters' original camp at London Road in Balcombe, the site where a 30-year licence has been granted to energy company, Cuadrilla, to continue drilling and carry out "exploration plans".

Council bosses claimed the long running protest at Balcombe, which is believed to have cost county taxpayers £4 million to police, was a danger to passing traffic.

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Activists set up camp on County lawns

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Activists moved on after 'positive' meeting with council leader

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The protesters claim West Sussex County Council is 'ignoring the due process of democracy' by not taking objections into account.

"We've put in petitions with thousands of names from all over West Sussex – yet they gave the company permission to start drilling," camp organiser Kenny Lloyd told the Chichester Herald.

"The council should listen to the concerns of the public when they make judgement about whether to grant licences and whether the operation would harm the environment.

They have to listen to the due process of democracy."

The real issue is water, the protesters insist, with the fear that chemicals used in fracking would eventually seep into Britain's underground reserves.

Motor vehicle restorer Douglas Harwood, who arrived at the Chichester protest camp on Saturday from his home at Angmering, near Littlehampton, said: "There are 200 chemicals put into the ground to get the gas.

"The first chemical is Hydrochloric Acid used to dissolve the shale miles below the surface.

If I as a resident were to pour any of these chemicals down the drain, I'd be arrested – but these companies would be doing just that."

The pollution would spread well beyond the South East, say campaigners.

'Everyone in West Sussex and across the UK would be affected,' Douglas added. 'If these chemicals were to leach into the water table, our children and grandchildren will have adverse effects to their health for years to come because of the pollution."

Police arrived at the new campsite at County Hall on Saturday. But no attempts were made to move them on.

They claim the county authority, the Government and Cuadrilla, have failed to put forward an analysis on whether it will adversely affect the environment and have 'not sold the idea that this is a viable and healthy option for our energy needs'.

The energy company has said the latest application does not include a request to frack.

A further meeting with the authority on Cuadrilla's plans for the site, is scheduled for December 18.

Farm found in loft

A CANNABIS farm was found in the loft of a home in Bognor Regis after tip-offs from members of the public.

Officers executed a Misuse of Drugs Act warrant on Saturday (16 November) at an address in Annandale Avenue after concerned residents contacted Sussex Police.

Inside the property was a mature cannabis farm including more than 30 plants and cultivation equipment.

Three men aged 44, 42 and 25, from Bognor Regis, and a 52 year old woman from Bognor Regis, were arrested on suspicion of cultivation of cannabis.

They were questioned before being released on bail until 18 December while officers carry out further inquiries.

Sergeant Chris Pipkin, from Bognor Regis neighbourhood policing team, said: "The warrant sends a clear message that drug production and supply will not be tolerated by us or the local community.

"We obtained a warrant from the courts based on intelligence received from the community as well as some excellent work carried out by my officers.

"We continue to work hard to disrupt drug production and supply in the area. We are always keen to hear from anyone who has information about drug use, supply or production and would urge people to tell us what they know."

Anyone with information about drug dealing or drug production should call 101 or email contact centre@sussex.pnn.police.uk.

Anorak Corner

Interesting snippets of information about Chichester

People born in Arundel are known locally as Mullets, due to the presence of Mullet in the River Arun

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Tweets of the Week

All tweets are from Chichester people or about the area. (Some tweets may contain errors)

@georgiemeis
Really feel like I should start a petition to bring a primark to chichester

@gabrielle_kmm
A very happy launch party for #The Girl With The Painted Face at @Waterstones in #Chichester last night. Thanks to everyone for coming"

@latestbrighton
Frank Langella brings his Lear to Chichester

@Discover_Chi
Don t forget episode 2 of #TudorMonasteryFarm tonight (Tues) at 9pm on BBC2. Part filmed at Chichester's own @weald&downmuseum

@Lielnek
Chichester Creatives Christmas C Party nearly 4 C's. Grab a ticket, awesome food awesome time!

@Aldinghourne_T
The date for our Music Festival with Chichester Music Academy and L'Arche has been announced. 22nd June 2014

@LouiseFenwick
There is something quaint about seeing a Ferrari parked in a pay & display car park #chichester

@Chi_College
Chichester College has been announced the winners of the City and Guilds Beacon Award for Staff Development! #No1CollegeinSussex

@Alastairorthe
@ChiCathedral One of our treatment rooms has lovely views over the cathedral which is often commented on by our patients #chichester

@ChichesterGC
Helicopter Landing at ChichesterYesterday! Paul our head-greenkeeper got a bit of a surprise

Why not have a day out at the supermarket?

CREATIVITY
Does substance abuse help creativity and energy and passion? I ask not because Uruguay is set to legalise marijuana, but because we all might find a bit of what you fancy does you good

STUFF ONTOP OF CARS
Why do men drive faster when they have ladders or bicycles on the roof of their car?

METHODIST CHAIRMEN
Poor Paul Flowers. Probably hired by the Co-op because his "Reverend" moniker lent respectability to the bank. He didn't know whether they had £3b in assets or £45b. And the footage of him peeling off a fistful of twenties to allegedly pay a drug dealer for what was probably mostly talcum powder leaves you in no doubt drugs can jump up and bite you hard

RAGS
Men don't tie a rag to the end of a ladder on their car roof anymore. It was a futile protocol. The new futile protocol is to park on double yellows and put your emergency lights on, as if by increasing your visibility you reduce the offence. The equivalent would be to sit dick up a bank wearing a fluorescent yellow vest and expect to get let off

WE OWE A LOT TO DRINK AND DRUGS
We won WWII in part because our blessed leader was probably an alcoholic and a drug addict. I'm ploughing through Churchill's History Of The Second World War, all 5000 pages. Interesting insights. The night war broke out he spent in a public shelter and drank a bottle of brandy. And seems to have kept that level up for the next five years. His doctor Lord Moran writes that Churchill would either ask for a blue pill if he was feeling peppy, or a red pill if he was feeling lethargic. He writes that Churchill never asked what was in them, but makes it clear that the blue pills could stop a horse, while the red pills had so much pep Churchill would have gone off at about 6/4 for the Derby

NICE DAY OUT
Instead of going somewhere cold and getting ripped off with nothing to show for it, why not have a day out at the supermarket? They are like a whole village under one roof. You can browse food, electricals, clothing, beauty products, and then put your feet up in the cafe. Parking is free, the toilets are to hand, and at the end of the day you've got loads of cheap stuff!

SHOPS
Obviously shops have something supermarkets don't have. For a start they have assistants who know about the stuff they are selling. It is a pity you have to duck in and out of the North wind and your car is parked a bus ride away

Winston Churchill

SLIDING ROOF
How about a sliding roof over Chichester's shops?

DREAMS
They still don't know what dreams are about. I am always amazed that in my dreams things happen that I've never seen before...so I must have an imagination while asleep. But why? And how? How can you create a visual image in your asleep brain of something you've never seen or previously imagined? This must mean that there are parts of our brain that are not dependent on our memory and may be explained by the Martians coming here 2 million years ago when their planet was dying, and lodging their unconscious minds in the brain systems of the most advanced life form, us

JOKE
Did you hear about the man who claimed he was abducted by a UFO shaped like a kettle?

It was logged as a Close Encounter of the Furred Kind

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FREE EVERY FRIDAY
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Chichester Herald is a community newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83 000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at less one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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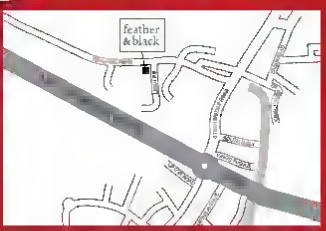

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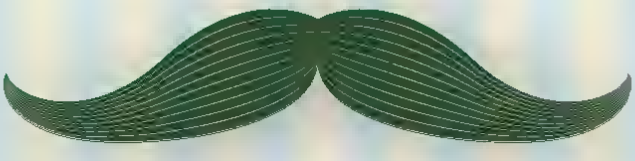

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Council's priorities for the future

WEST Sussex County Council is to hold a series of road shows to explain to residents and communities the challenges it will face and its priorities for the next four years.

The Government's spending review will mean the County Council losing an estimated £140 million in central government support.

Seven events will take place across the county before regular meetings of County Local Committees (CLCs).

County Council Leader Louise Goldsmith said: "We are very keen to ensure that residents have an appreciation of the scale of the savings that need to be made over the next four years, and the reasons for them.

"The events will also be a chance for us to explain what we see as the priorities for West Sussex over the coming years and get feedback from residents.

"I hope that people will take this opportunity to come along and talk with us because I am a firm believer in engaging with communities and making sure they are informed every step of the way."

"I want to stress that no final decisions have been taken about any services at this stage. However, we are building a clear picture of our priorities, and welcome the opportunity to hear the views of residents on them."

Final decisions on the Council's budget for 2014/15 will be taken in February.

Dates and venues for the road shows in our area are:

November 27 – Arena Sports Centre, Bognor Regis, at 5.30pm before the Western Arun Joint Area Committee.

December 2 – White Swan Hotel, Arundel, at 5.30pm before the Joint Downland Area Committee.

December 3 – County Hall, Chichester, at 5.30pm before South Chichester CLC.

December 16 – County Hall North, Horsham, at 5.30pm before Horsham CLC.

The road show events will all end by 7pm when the CLC meetings are due to start.

Motorcyclist seriously injured in Yapton collision

POLICE are appealing for witnesses to a serious collision in Yapton on Friday afternoon (November 15).

The collision happened at 2pm at the junction of North End Road and Maypole Lane and Ford Lane between a car and a motorcycle.

The rider of the Kawasaki motorcycle, a 21-year old man, was taken to Southampton General Hospital where he remains in a serious but stable condition.

The 57-year-old woman driving the red Hyundai Getz was uninjured.

Anyone who saw what happened is asked to contact police on 101 or email collision.appeal@sussex.pnn.police.uk quoting Operation Gate.

Woman charged with arson in Pagham

A WOMAN has been charged with arson in connection with a fire in Pagham on Saturday (November 16).

Police were called to Mill Park Road in Pagham at 5.20am on Saturday morning to a fire in a bedroom of a flat.

Rachel Stacey, 22, unemployed of Mill Park Road, Bognor Regis was arrested and charged arson with intent to endanger life.

She will appear at Worthing Magistrates Court on November 19.

Bosham resident accused of sexually abusing

THE TRIAL of a Bosham resident and former member of staff at schools in North Worcestershire and South Oxfordshire who is accused of sexually abusing pupils in the 1980s is to start next week.

Jonathan O Brien, aged 55 (date of birth 18/12/1957), of Fairfield Road, Bosham, West Sussex, is charged with 23 indecent assaults and five counts of gross indecency.

The offences were all allegedly committed between 1982 and 1988. The victims were all aged between 10 and 16 and were pupils at the Oratory School near Reading and Winterfold House School in Chaddesley Corbett, near Kidderminster, North Worcestershire.

Police officer charged with child sex offences

A LOCAL police officer has been remanded in custody after allegations of sexual abuse.

Mick Defries, 58, a police sergeant with British Transport Police, of Barnham, appeared at Brighton Magistrates' Court on Monday 18 November charged with two counts of sexual touching.

The charges relate to an allegation of historic sexual touching against a 12-year-old girl.

Defries was remanded in custody to appear at Lewes Crown Court on 12 December.

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Report launched into adult social care in West Sussex

AN ANNUAL report informing residents about how adult social care services are performing in West Sussex has been published by the County Council.

The Local Account showcases the work of Adults' Services over the past year, demonstrating achievements, priorities and challenges and explains how the budget was spent.

It highlights areas where progress has been made by comparing with last year's Local Account and looks ahead to developments such as the coming together of health and social care.

This is where health and social care professionals will work together in teams to support people with long-term conditions or complex health and social care needs who are at risk of unplanned hospital admission.

This year the County Council also wants feedback on issues that matter to customers and carers.

These include:

- How a good partnership be achieved between family carers and Adults' Services.
- What people think about the balance between protecting vulnerable people and upholding everyone's right to independence.
- What topics should be discussed if there was a forum involving customers, council officers and elected Members where key matters of principle affecting Adults' Services could be considered.

The report highlights many successful areas of work, including the 'Safe Place' scheme, which works closely with town centre shops and businesses to help people with learning disabilities feel confident when out alone and the Community Neurological Rehabilitation Service.

This was launched in the north of the county to provide rehabilitation for people recovering from a stroke, acquired brain injury or with a deteriorating neurological condition, and was the result of effective partnership working between the County Council and Sussex Community NHS Trust.

It also shows that from 2012-2013, the County Council supported more than 12,000 adults to live at home in the community with services provided or commissioned by Adults' Services.

This demonstrates a commitment to enabling people to live as independently and safely as possible and to play an active part in their communities. Increasing customer choice and control is also high on the agenda.

Peter Catchpole, West Sussex County Council's Cabinet Member for Adult Social Care and Health, said: "This is a vitally important document that demonstrates how well we are performing to the public and our customers.

"We have had many challenges and these will continue in this difficult climate.

Customers and carers played a key role in the development and design of the document.

Ray Chandler, Chair of the Adults' Services Customer and Carer Group, said: "The Local Account is an important public report on adult social care performance.

"This edition includes many developments suggested by customers through our continuing involvement in its production and we would welcome hearing comments from other customers and carers on the areas that we have set out."

To find out more about the report visit www.westsussex.gov.uk/localaccount

GP services on agenda for Health and Wellbeing Board

HOW GENERAL PRACTICE services are provided and commissioned will be on the agenda at this month's meeting of the West Sussex Health and Wellbeing Board.

The Board meets on Thursday November 21, from 2.15pm at County Hall, West Street, Chichester, PO19 1RQ. It brings together representatives from West Sussex County Council, West Sussex Clinical Commissioning Groups, NHS England, District and Borough Councils and the voluntary sector.

On the agenda, NHS Horsham and Mid Sussex Clinical Commissioning Group will present the current NHS England 'call for action' regarding the need for change in the way General Practice services are provided and commissioned.

Members of the Board will also hear from Healthwatch West Sussex on patient views about access to GP services.

Chairman Christine Field said: "GP services are a vital part of the local community, and as residents we need to be confident that we can quickly and easily access them when we need to. I hope that Healthwatch will be able to provide the Board with patient experiences to help us assess how accessible services currently are, and where and how in our view services can best be developed."

The Board will also receive an update on how funding from the NHS Support for Social Care allocation has been spent during the current financial year, and planning for the allocation in the coming year. The funding is provided by the NHS to local authorities to be used to support adult social care services which also have a health benefit.

Projects supported to date include Proactive Care across the county, 'One Call One Team' which provides an integrated response to urgent care via a single point of access, additional community equipment and additional support to the Independent Living Service, and the Dementia Crisis Service, which works to avoid admission to hospital.

There will also be a presentation on recent Mental Health Needs Assessments for the Board to discuss how the information should influence future commissioning plans.

For more information and a copy of the agenda visit the Health and Wellbeing Board webpages on the Country Council website at www.westsussex.gov.uk.

mind | Chichester Area

Friends in Mind

Events for people with an early stage dementia

This is a new planned programme of different and stimulating regular events, recognising the needs of those people living with an early/moderate stage dementia who feel their social life may be slipping away. Carers also welcome.

November & December Programme

Friday 29 November 1.00pm - 3.30pm
St Pancras Parish Hall, 101 St Pancras, Chichester
(car park opposite the Newell Centre, Riverside, Terry Way).
Meet others and enjoy a welcoming, sociable afternoon. Find out about forthcoming events and local services available to help you.

Owls About Town (here at 2pm)
A lighthearted talk and chance to see some friendly owls

Contribution £3.50 per person to include refreshments.

Wednesday 11 December 12.30pm - Christmas Lunch at The Walnut Tree, Runcton. 2 courses plus coffee, choice of menu inc veggie option. £10 per person booking essential.
For further details, or if you would like to attend, phone Rayner on 07507 164859 or email raynerwaszkiewicz@hotmail.co.uk

An initiative of the Chichester and Bognor Dementia Care Forum. Supported by Healthier Chichester Partnership, Chichester Area Mind, Carers Support West Sussex, Alzheimer's Society and the people of Chichester

Lions Clubs provide lifesaving relief in Philippines

CHICHESTER LIONS CLUB is providing lifesaving relief for local communities affected by the disaster caused by Typhoon Haiyan in the Philippines. Lions Clubs throughout the British Isles and Ireland have pledged £200,000 to send 1,000 lifesaver water filtration systems providing up to 20 million litres of sterile water for drinking and medical use.

Chichester Lions have sent £1,500 to the Philippines disaster. £950 was collected outside Sainsbury's main store in Chichester thanks to the generosity of local residents.

The local donations support the US $500,000 (over £310,000) pledged immediately by Lions Clubs within Southeast Asia and other global fund-raising activities. This money will deliver vital on the ground relief through volunteer members of Lions Clubs in the Philippines working closely with government officials and other agencies. Lions Clubs in the area, including four in Cebu and one in the disaster epicentre of Tacloban, we're already helping those affected by last month's major earthquake in nearby Bohol, when the latest crisis occurred.

Lions Clubs provide a global network that is able to give immediate practical and financial support when such disasters strike," explains president of Chichester Lions Club, Richard Hall. "Through our Lions Clubs International Foundation we maintain a disaster fund enabling the organisation to respond immediately with one hundred per cent of donations going direct to local relief efforts co-ordinated by Lions operating in affected communities.

"In addition, local fund-raising in Chichester is going to provide the most basic of human needs, clean drinking water. Typhoon Haiyan has been called the worst storm to make landfall in recorded history, and its devastation is hard to imagine. As Lions, we not only help our local communities throughout the year, but are able to respond when relief is required in any local community."

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Communities in the Chichester District share grant money of almost £315,000

COMMUNITIES in the Chichester District that have taken new development have received a share of almost £315,000

Grants approved ranged from £350 towards a snowplough to thousands of pounds for community centres and sports clubs. In total, 19 parishes received grants. The applications were diverse, with each clearly identified by the community as important

Communities were offered the opportunity to bid for funding for projects from Chichester District Council to improve their areas. The funding has been made available as part of the government's New Homes Bonus scheme. The amount of money available per parish was dependent upon the number of new homes that have been occupied in the period April 2010 to March 2013

Parish, Town and City Councils were encouraged to apply for funding. In total 34 applications were received by the closing date of 1 October. Parishes could make more than one application for grant funding

Councillor Tony Dignum, Cabinet Member for Finance at Chichester District Council, says: "We're delighted that this funding will be used in so many ways, each of which is unique to the community who has bid for it

"As a council we have endeavoured to protect this money for the benefit of those communities that have taken new development. This funding provides a unique opportunity to invest in important facilities and activities that will support our local communities for years to come."

The full list of approved funding for the parishes is as follows

- Bury PC £3,130, extension to village hall
- Chichester CC £135,000, Regnum Guide Hall, New Park Community Centre, Chichester Community Development Trust, South Downs Planetarium, and Chichester Runners and Athletics Club
- Chidham & Hambrook PC £19,995, terrace to Village Hall
- Elsted & Treyford PC £900, traffic calming measures
- Fishbourne PC £23,080, new Church Hall
- Funtington PC £12,000, new pavilion
- Graffham PC £782, playground maintenance
- Harting PC £7,267, Harting Youth Club, Henry Warren Hall Nyewood and Harting Community Hall
- Kirdford PC £1,950, drainage works
- Lynchmere £30,000, new pavilion
- Lodsworth PC £1,000, new slide
- Loxwood £15,000, playground equipment
- Northchapel PC £350, snowplough
- Selsey TC £15,000, Selsey Works project
- Sidlesham PC £6,250, seven a side football pitch
- Tangmere PC £15,875, various including a new bus shelter and a solar photo voltaic installation for the village centre
- Westbourne PC £3,155, traffic calming measures
- Westhampnett PC £23 100, new community hall and volunteer project
- Wisborough Green PC £675, parking at village hall.

Chichester man enroute to the Philippines

A ROYAL NAVY weatherman is on his way to assist people affected by Typhoon Haiyan.

Lieutenant Mark White is a Hydrographical and Meteorological Officer currently travelling with Portsmouth based HMS Daring, which is powering her way to the Philippines.

Once there he will be expected to act as an environmental advisor guiding operations on the ground.

Lt White said: "The Philippines are situated in an area prone to tropical storms and typhoons, and Typhoon Haiyan was a particularly powerful one.

"The worst thing that could happen now is that the areas could get hit by another storm, so I am keeping a close eye on the weather as even a little bit of rain could cause issues to the rescue effort."

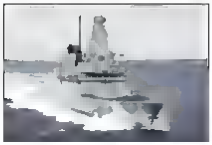
The 28-year-old, from Chichester, departed the UK back in May on deployment that was meant to see the Type 45 destroyer circumnavigate the globe.

now they find themselves coming to the aid of thousands of people displaced by disaster.

Lt White added: "In preparation for the Philippines a lot of what I am now doing is gathering satellite imagery. This is so we can determine the extent of the damage and any changes that have occurred to the ports and their approaches. It is crucial to determine what has changed in order to allow the ship to enter ports or coastal areas and provide assistance.

"When we arrive in the Philippines I will be put in charge of one of the teams going ashore so I am naturally apprehensive, but looking forward to offering assistance and support wherever we can. We spend a lot of time completing the training and this is the opportunity to put that into action."

HMS Daring is due to arrive in the region over the course of the next few days.



HMS Daring

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Santa
SPECIALS 2013
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Saturday & Sunday 7th & 8th December
Saturday & Sunday 14th & 15th December
Saturday & Sunday 21st & 22nd December
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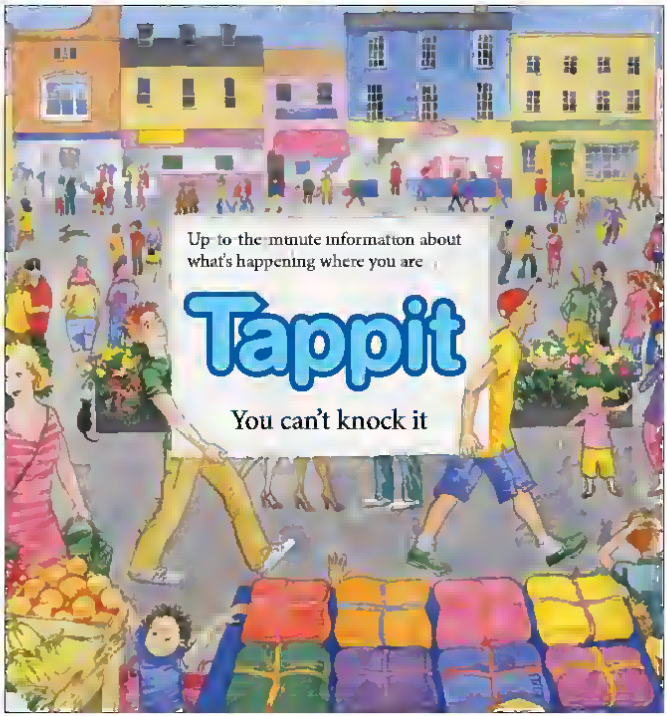

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Medals sell for nearly double their original estimate

A POIGNANT collection of medals, belonging to a Chichester war hero, sold for more than double their pre-sale estimate of £600 making £1138 at Rowley's Auctioneers on Tuesday. The medals belonged to Wing Commander John Ferguson, who died in Chichester in 1985, and were awarded during his long military career, in which, very unusually, he served not only in the Indian Army during the First World War but then as an RAF (Reserve) Wing Commander in the Second World War.

Rowley's senior auctioneer and valuer, Will Axon, said: "These medals are a timely reminder of much earlier British involvement in Afghanistan, Iraq and the Middle East and a legacy of conflict that has been hard to resolve. One of the medals, the order of the British Empire, was awarded to John Ferguson when he was a Captain in 1921 at St James's Palace by King George V and it was for his involvement in military operations in Mesopotamia, after the collapse of the Ottoman Empire, when new borders were drawn across this region and Persia, to form what is now Iraq and Iran."

John Allan Ferguson joined the Territorial Army whilst at University in Edinburgh in 1910, within the same year he was appointed as a Second Lieutenant in the Indian army travelling out to India in 1911 to join the Rajputana Rifles prior to the outbreak of the Great War in 1914.

Will Axon explained: "The collection of medals which included the Order of the British Empire, is significant because they mark key periods of the Indian Army involvement in the First World War and the invaluable contribution that country made when still part of the British Empire. The Rajputana Rifles were one of the few regiments to see action in the First World War in East Africa and his Indian General Service medal with the Waziristan clasp for active service on the North West Frontier of British India (now Pakistan) and Afghanistan remind us just how little has changes in that troubled part of the world."

Interestingly, Ferguson's service career did not end in the army but in the RAF, during the Second World War, when he held the rank of Wing Commander in the RAF Reserve.

The Fourteen medals awarded to Wing Commander John Ferguson during his service with both the Indian army and the RAF were sold his photograph by Rowley's Auctioneers in Newmarket on 19 November. The collection had originally been estimated at £400-600.

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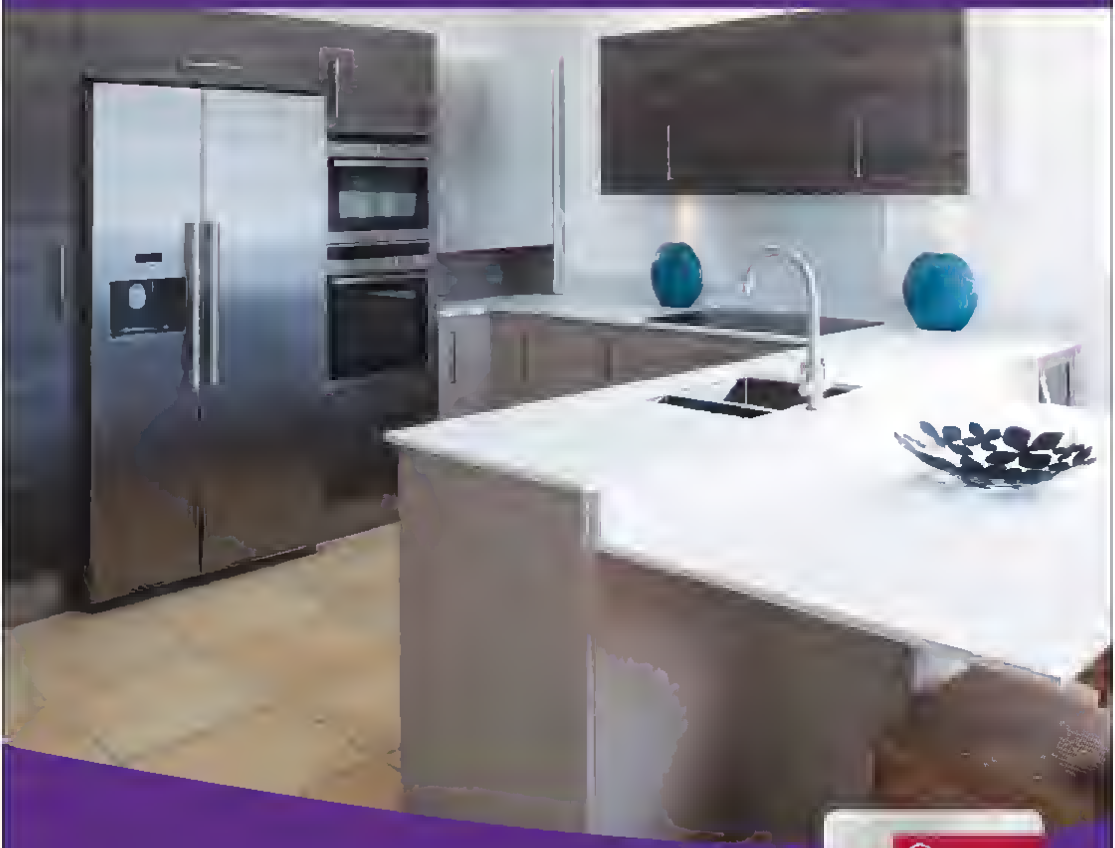

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Shake out your thermals, winter's on the way!

Allis Moss

On the Case

BRRR, IT'S time to shake out your thermal underwear. We've had the first snowfall (in Wales) ushering in the season of flus and winter chills so it seems appropriate to take a peep at the etiquette of coughing. A pretty Japanese girl meticulously apparelled—as so many of her compatriots are—jumped on the Chichester train as it pulled away from London Victoria. It was only when she started coughing without covering her mouth up, that I wished the big geezer eating the flame-grilled double cheese burger had sat there instead. Now I had someone oozing germs who couldn't cover her mouth up because she was too busy texting. I was surprised though because in Japan they wear face masks when they have colds. But then a mask doesn't inhibit your ability to text.

Like yawning, a cough from the seat opposite elicits a clearing of the throat further down the carriage, then a third copy-cat croak splutters out of nowhere. Soon they're coming thick and fast in a scatter gun effect. Now a nose-blow honks out from behind my seat like the desperate cry of a mating goose—that's failed to find a partner. Now a man across the aisle has sneezed into his newspaper. At least he's using it as a shield. Immediately, an answering snort goes up followed by a startled, ladylike sneeze. This carriage is very like—no, it's exactly like a jungle of animals and their answering calls out in the bush. Before you know it, you're surrounded by a cacophony of round-robin splutters in the confined quarters of the 21.32. Any minute now I'm going to hear a David Attenborough voiceover on the tannoy, hoarsely describing our curious ritual. As it's almost certain I'll have caught the lurgy, I can share in the fun next week.

Friends of mine, a married couple, Robert and Penny, welcomed guests to stay in their flat. The woman coughed constantly without covering up her mouth," complained Penny after she'd recovered from it.

Gel

Disturbingly, the disinfectant hand gel at the entrance to the Outpatients in St Richard's has had to be removed. You can still request it from reception. A staff member says people had been drinking it because of the alcohol content. Perhaps a washbasin could be installed, with soap and water.

Undies

In a bid to ward off a winter chill, many of us are investing in a vest. Sainsbury's TU thermal vests seem good value. Like so many women of our proud island nation, I was raised to shop for undergarments at Marks & Spencer and will defend their good name with some vigour. Imagine my horror at hearing a shopping commentator infer they are under threat from Primark, competing for the same market only cheaper. For me, Marks have much better quality. So I was disappointed with a wander upstairs and downstairs in the North Street store. Last winter they had a lot of good stuff.

Tudor undies

We got an eyeful of the codpiece, down on the Tudor Monastery Farm at the Weald and Downland Museum in Singleton. Watching BBC2's repeated first episode at the surreal time of 1am proved entertaining. I've a soft spot for the oxen pulling the plough, Gwen and Graceful, and Ruth Goodman's crisply-observed insights crouched over a tub of boiling tallow to make rush lights from sheep fat. Life was harsh and lived off the fat of the land. You had to be stitched into your outer garments and there was no such thing as undies.

Cuddle a goat

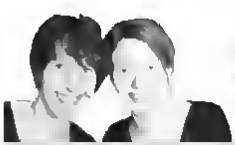
A farmer I interviewed described how his family had lived above their livestock for warmth in winters gone-by. It could be a way to avoid paying ransom money to the Big Six now temperatures are dropping. Npower, E.On and EDF Energy all ignored my email politely asking if their bosses are going to waive their bonuses this year. Scottish Power, SSE and British Gas gave On the Case the courtesy of a reply to say a remuneration committee would decide if and how much.

And finally ... has the world gone mad?

Is there anyone left in authority who hasn't behaved inappropriately? 'Inappropriate' being far more of a zeitgeist word than 'selfie' picked as word of the year by the Oxford Dictionary—meaning a photo of yourself. First, there's Mayor Rob Ford, a continent away in Toronto, Canada, but a human soap opera charting new territory every day. After apologising for an alcohol problem and doing drugs, he ran amok in the council chamber, knocking a woman over and then catching her. I quite like him. He's feisty. But he's just an amateur in the inappropriate stakes compared to the latest unlikely candidate. Step forward former chairman of the Co-op Bank, Paul Flowers, also a Methodist minister. Anyone can have compassion and sympathy over how pressures can make you go off the rails, but is nothing sacrosanct? Reverend Flowers also stepped down as a Bradford councillor after 'adult content' was found on his computer. The council said it wasn't illegal but was "inappropriate".

Contact Allis. allis.moss@chichesterherald.co.uk

We just can't stop them doing as we do



By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

THE THING that we often forget as parents is that we are our children's biggest role models. How often have you cringed when you've heard your words coming out of your child's mouth? (Often words that should not be repeated!) And the same is true of our actions. Our children will always copy us. We may think they are too busy playing to notice what we are doing, but children are acute observers. From the moment they are born, children will watch their mother's face intently and will quickly learn to mimic facial expressions. Watching how their parents react to situations is what helps children to make sense of their world.

That's why it's very confusing for them when parents ask them to do something and then don't do it themselves.

We often tell our children to sit down at the table and eat, yet we don't sit down and eat with them. Mealtimes are very important for the whole family. Fussy eaters will eat better if they see the rest of their parents eating. Children are more likely to eat their 'five a day,' if they see you eating yours. If you don't sit down and eat, why should they?

The same is true of reading. If children see their parents reading books or magazines, they are much more likely to become readers themselves and do better at reading and writing in school.

And perhaps, most importantly, if we want our children to listen to us, we need to listen to them. For our children to know we are listening, we have to stop doing whatever it is we are doing and give them our full attention. If we carry on cooking or cleaning or texting on our phone while our children are trying to tell us something, we will not really hear what they are saying, they will get frustrated and we will have shown them that it is ok not to stop and listen. And yet that's exactly what we expect them to do.

As parents, we are our children's first and most important teachers. Everything we do makes a difference to everything they do.

It doesn't mean that we have to be perfect parents all the time or that we should expect our kids to be perfect children, all the time. That would be an impossible expectation of us and them. One of the most important things about being a parent (and teacher) is that we can show our children how to cope when things go wrong, that it's ok to make mistakes.

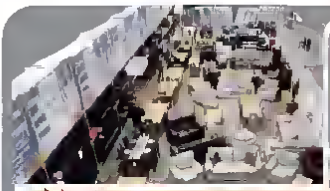
But what we should do is, think carefully about what we expect of our children and make sure that we expect the same of ourselves. We can't expect them to do things that we don't do or stop them from doing things that we do.

As parents it can often feel as though our children don't listen to a word we say. And that might be true. But don't forget, most children model themselves on their parents (although they would never admit it!) They will almost always 'do as we do and not as we say.'

So as much as possible we parents must try and 'do the right thing.'

It's another part of being a parent, the world's most exhausting job.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01243 642950. Website www.chichesternurserysussex.sch.uk



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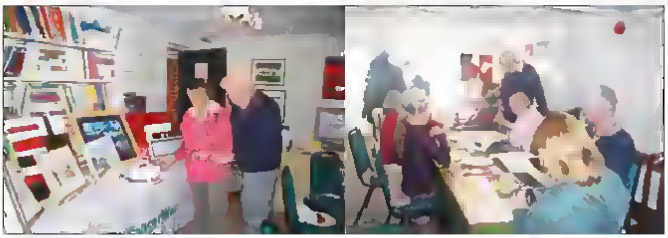

THE CANCERWISE Art Support Group which meets on Tuesday mornings at the CancerWise Drop-in Centre was given a pleasant surprise at its Open Display recently. A member of one of their well known local charities visited the Group and was so impressed with their work that they have pledged £500 in order to provide materials to continue the Group's work.

Under the self-taught guidance of John Read, who leads the CancerWise Art Support Group on Tuesday mornings, those who are dealing with the influence of cancer on their lives displayed the talents that many did not realise existed at an Exhibition on Tuesday 29 October.

John Read explained: "Whilst the Support Group is a wonderful 'Distraction Therapy Session' which only runs for two hours on a Tuesday morning, that short session gives our artists the self-confidence to have a go at much more than they might attempt when they get home. Everyone can draw or paint but for many of the Group, it is probably the first time that they have painted or drawn since they were at school.

"What the Group also does is allows them to experiment with different types of media as well as providing access to resources they might not otherwise be able to afford. However, one of the greatest pleasures for me is seeing them develop their capabilities over a relatively short space in time.

"This grant is a very welcome boost which will allow us to expand the Group as well as enabling existing members to try different media that otherwise they might not be able to afford. We are extremely grateful for this very generous donation."

Ann Christian, now a stalwart of the Group, first joined about four years ago. She said: "I was undergoing chemotherapy, had no hair, had lost my job and was sick and depressed. I just happened to walk in to the Drop-in Centre on a Tuesday morning and when I was questioned by John I told him that I couldn't draw. He told me that everyone could draw and immediately set me off to copy a picture of a cat. In no time at all I realised that I had been totally absorbed in drawing for two hours without thinking about how bad I felt.

"I've got my hair back, I feel better but I now look forward to sessions on Tuesdays. Throughout my childhood I had an interest in industrial buildings and initially progressed from drawing cats to water colours. With John's support, I then had the courage to have a go at using acrylics and these days I love to paint with a palette knife. I love my art to be spontaneous and frequently I will not even know what I am going to paint when I start. My paintings are nearly always completed within an hour and whilst I have an obsession with the sea, it is remarkable what others see in the finished piece of work.

"The best thing for me is the fact that my outlook on life has changed for the better. I may not be entirely cured of cancer but I am not dead yet and I can still enjoy life to the full."

No previous experience is needed to join the Group and it really has surprised many of the Group at what they have been able to achieve. Here are some of the things that others say:

"Trying to portray an image on paper encourages me to open my eyes and see what is really there."

"I never imagined that I would be able to produce a painting that I would be proud enough to hang on a wall at home or in public."

"In painting a picture, I now have a much better understanding of the function, the form, the construction and materials involved in every object."

"Whilst the simple concentration of painting and drawing is in itself therapeutic, being busy really does ease the aches and pains that we all suffer."

"There is great sense of camaraderie in the Group that not only helps us with our art but also makes us realise that we don't have to fight cancer on our own."

For more information on the Art Support Group contact Diane Townson, our Centre Manager on 01243 778510 or e-mail enquiries@cancerwise.org.uk. Alternatively contact Andy Neve, Volunteer Communications Officer at news@cancerwise.org.uk.

Spirit FM's Christmas Toy Appeal launches

GUARANTEEING to bring festive cheer to poorly and vulnerable children in West Sussex, Spirit FM is delighted to announce that its Toy Appeal will, once again, be inviting people to donate a gift for a child or teenager.

Spirit FM will ask people to visit one of several libraries and other distribution points across the county to hand in a gift. The fourth year in which the radio station has hosted the Toy Appeal, the annual campaign has built great momentum, with individuals, families, schools and businesses all contributing.

Spirit FM's Managing Director Sally Austin said: "The generosity has been overwhelming. I hope very much that we can beat last year's incredible success and give even more children something to smile about. No child should be without a gift to open on Christmas day so, if you can, please add something to your basket when you shop for your own children or grandchildren. I know that economically it has been a tough time for many, but there are little ones who will have absolutely nothing at all to open, or who are in hospital or living in refuge away from their loving families this December 25th. Maybe rather than that extra bottle of wine or box of biscuits for your festive stash you could buy a gift for our appeal? I promise you that your kindness will result in a priceless smile."

Passing toys on to a range of different agencies, organisations and charities, beneficiaries this year include local children's hospices, hospitals, social services and safe houses.

• What do we need – some basic rules

We need toys, games and gifts suitable for boys and girls from newborn right up to 19 (don't forget the teenagers!).

New toys – second hand things are not suitable for this appeal.

We also need the gifts to be UNWRAPPED – this is so people can select what is appropriate for the children and young people they are choosing for.

• Specific ideas?

Your best bet is to buy something that one of your own children would like – educational toys and craft kits, crayons/pens etc, board games and jigsaws, books and annuals, soft toys and currently popular toys, DVDs and CDs are always well received. Gifts for boys, especially older boys, can be lacking, so T shirts and toiletries are really great, as are sports stuff and vouchers/gift cards.

Look out for 'buy one get one free' and 'three for two' offers – especially on toiletries!

Where to drop off your toys

In Selsey: You can drop toys off at Highhouse Insurance Services, 121 Highstreet, Selsey, PO20 0QB (office hours).

In Chichester: You can drop toys off at Spirit FM, 9-10 Dukes Court, Bognor Road, PO19 8FX (office hours and Saturday and Sunday mornings until 2pm).

At your local library: The Library service has kindly agreed once again to act as a drop off point. Just take your toy to your local library reception desk and tell the staff that your gift is for the appeal (Check local opening times at www.westsussex.gov.uk/libraries).

For further information please contact Vicky Edwards or Stuart Meginley at Spirit FM on 01243 773600.

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Dinner will be served in the newly refurbished 'Sherwood' Restaurant, which will offer an excellent variety of food creating a perfect atmosphere for your evening and should you wish there will be plenty of entertainment on offer after your evening meal. At the end of the day return to your ensuite bedroom where simple décor crisp bedding and cosy duvets await. All the facilities you need will be on hand including televisions, telephones, tealetmes, tea/coffee making facilities, hairdryers, iron & ironing board and so much more.

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Monday 14th April 2014 - four nights

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• Monday 14th April and following a leisurely drive we will arrive at Thoresby Hall late afternoon in plenty of time to explore and then settle into our room before our evening meal in The Sherwood Restaurant.

• Tuesday 15th April - Leaving Thoresby we make our way to Nottingham for a lunchtime cruise along the Trent River aboard The Princess taking in views of the historic city of Nottingham. Your lunch will be served on board as we meander our way through the Trent enjoying the comforts of the The Princess. Our afternoon tea stop will be at the Rufford Country Park en-our way back to the hotel.

• Wednesday 16th April -Today we make our way towards the city of Lincoln with the Cathedral the most prominent on the cityscape. Plenty of time today to explore the beautiful city and along with the normal High Street shopping the quirky streets, quaint shops and remains of medieval Lincoln in Lincoln's Cathedral Quarter, the Bailgate await us. Discover a world of specialist shops, crafts, book and gift shops not to mention the tea rooms and restaurants that line the cobbled streets. Enjoy the many museums Lincoln has to offer including the Lincoln Castle Museum built in the 11th century by William the Conquerer.

• Thursday 17th April A morning visit today to the brilliant Crich Tramway Village on the edge of the Peak District National Park. Unlimited tram rides, Rita's Tea Room, Barnetts Old Fashioned sweetshop, great exhibition hall, depots and workshops and so much more. We will return to the hotel mid-afternoon today to enjoy the facilities on offer at the hotel

• Friday 18th April and sadly we leave the hotel and staff who have made us so welcome over the last few days We make way back home via usual stops en route arriving back late afternoon.

Contact us for further information.

IF YOU WOULD LIKE FURTHER INFORMATION PLEASE DO NOT HESITATE TO CONTACT US

WESTRINGS TRAVEL 01243 672411/01243 380053

New film shows service helping people lead healthier, happier lives

A VIDEO has just been released which highlights a new service helping people throughout West Sussex lead happier, healthier lives.

Called the Wellbeing Service it offers information, help and advice to people from all walks of life on ways to improve their lifestyle. The film shows the wide number of ways the service is helping people improve their health and general wellbeing.

Each district and borough council in West Sussex has its own service run in partnership with West Sussex County Council Public Health. The service is run by professionally trained staff. They are there to give the help and support people need to lead a healthier lifestyle.

Encouraging people to take more exercise is one of the key elements the service provides. The video shows all kinds of activities from a bracing walk along the seafront and vigorous exercise session in a gym, to a graceful Tai Chi session in a public park.

The film also highlights how the service offers help to those who want to quit smoking, become more active, eat a balanced diet or find ways to improve their emotional and mental wellbeing.

Christine Field, West Sussex County Council Cabinet Member for Community Wellbeing, said: "I hope the film will help everyone in the community become aware of what this invaluable service has to offer.

There are many who are already leading happier, healthier lives after making use of the service."

To view the film visit the video pages at www.westsussex.gov.uk

Head of Development wins the inaugural Legacy10 Award for Excellence

PALLANT HOUSE GALLERY has announced that Elaine Bentley, Head of Development at the Gallery, has won the inaugural Legacy10 Award for Excellence.

The Legacy10 Award for Excellence was set up to recognise those who have contributed to legacy-giving in the UK through innovation and delivery, and was open to all legacy fundraisers working for a registered UK charity.

The judging panel, comprising senior experts in the fields of philanthropy, business and the media and chaired by Legacy10 founder and Chairman Roland Rudd, agreed that Elaine was a great example of the hardworking and passionate legacy-fundraisers throughout the UK.

Elaine was chosen from a shortlist of five candidates representing a range of both large and small charities.

Roland Rudd, founder and Chair of Legacy10 said: "Elaine is a very worthy winner of the first-ever Legacy10 Award for Excellence. She has made a remarkable contribution to Pallant House Gallery over the past 15 years, creating a legacy campaign from scratch which will help to ensure that her charity is sustainably funded for generations to come."

The award, specially created by the artist Mark Plenderleith, will be presented by Rt. Hon Maria Miller MP, Secretary of State for Culture, Media and Sport, at a private event in December.

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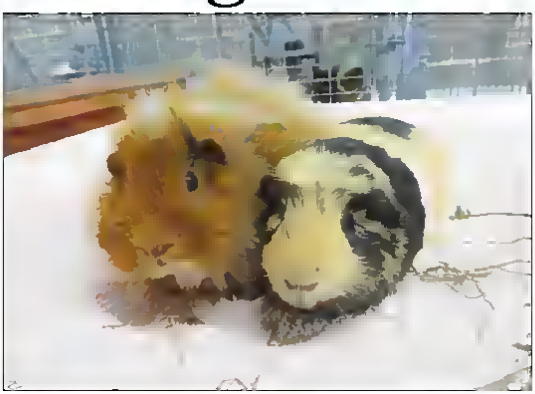

GUINEA PIGS are small, gentle animals inquisitive and friendly they make lovely pets. They can also make great pets for children as they are easy to handle. They are very social and talkative animals that should always be kept with other guinea pigs. Over the last couple of weeks we have had lots of guinea pigs brought into the centre. We now have lots of lovely guinea pigs ready to go to new homes.

Eight five week old guinea pigs arrived recently after being born as an unexpected litter. Four females and four males of all different colours available for homes as pairs or singles to bond.

Seven neutered guinea pigs arrived from another rescue as they did not have enough room for them. A lovely pair of one year old males that would like to stay together and five male six month old guinea pigs.

We also have three more pairs of males that have been waiting patiently for homes now. Varying from six months to two years these friendly pairs are looking for homes together.

If you are thinking about adopting a guinea pig why not come see us at the centre every Sunday 2.00 - 3.30pm. All homing is subject to a Pre home visit. The centre asks for a minimum donation of £10 for each guinea pig. We only rehome guinea pigs in pairs or singularly if you have a guinea pig already. We also have the time and expertise to bond guinea pigs giving them the best chance possible.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk Tel: 01243 641409

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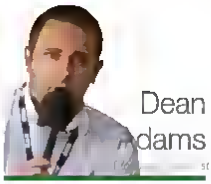
Aloof, dutiful and methodical... really?



I'VE REALLY got into people watching at the moment. I was having a conversation with a colleague this week about how interesting 'colour' is within your fashion. I quite often wear navy blue or browns whereas they wore a lot of black. But does colour really say anything about your personality?

Let's look at cars. The majority of cars I have had have been the same colour.

Here are the list of colours that indicate what personality you have as the car owner according to the Reader's Digest magazine.

- BLACK: You are ambitious and status-seeking
- GREEN: You are very traditional and an elitist
- BLUE: You are a team player and very sociable.
- WHITE: You are aloof, dutiful and methodical
- GREY: You are understated and cautious.
- SILVER: You have a sense of style but you can be pompous
- RED: You are outgoing, impulsive and easily bored
- PURPLE: You are unique, the one and only kind (individual), have a sense of creativity, inspiration to stand out from others and mysticism

I seem to be aloof, dutiful and methodical! What a load of...

That's a bit lame!

I TOLD YOU a few items on my bucket list last week of the things I'd love to achieve before I snuff it: the first being to run my second London Marathon, which I will hopefully complete in April 2014. I can't remember who, but somebody said my list was 'lame'! Have you tried running the London Marathon? I did 4 hours something last time which was good but I still got overtaken by a oft hot dog at 19 miles! Lame?

Placards: Although serious they can be amusing!

Placards are always good for amusement

I'm all for activists. Especially like those this week that made their voices known on the lawns of County Hall in West Street as per our front page today. The reason I like them is usually because of the amusing placards you see. For some reason 'No Fracking' makes me smile.

I wasn't having a 'dig'

LAST WEEK I reported that a local lad had become a driving instructor at the age of 21 and that I thought this was crazy due to his lack of experience. And yet it was only recently being considered by the Government that early 20 plus age groups could one day still be on learner plates. I had a couple of emails saying my thoughts were rubbish but these people didn't say why. My argument is have you seen the accident rate for early 20 year olds compared to the more experienced drivers? Google it. I have nothing against driving instructors. Oh, apart from wanting to know why they take pupils out in rush hour, wasting their clients time sitting in traffic and also stalling their cars at roundabouts when rush hour stress is at an all time high on our roads.

HAVE you seen the new changes at the Ship Hotel?

'Wow! What a transformation!' If you've not been down to the Ship Hotel in the past few days then I suggest you go and take a visit. I am a bit lost for words, so go and see for yourself!

Stock up on seasonal produce at your local Farmers' Market this Christmas

THE CHICHESTER DISTRICT is the place to come for the best Christmas gifts and food available at the Farmer's Markets.

Farmers' markets are held at: Chichester, Midhurst, and Petworth.

Each will have a great range of stalls, with everything from seasonal local vegetables, locally-bred meat and fine cheese to seasonal floral decorations plus a range of beautifully crafted unique crafts and gifts.

Seasonal tasters and entertainment will make a trip to the markets an essential part of the build up to Christmas.

Councillor John Connor, Cabinet Member for the Environment at Chichester District Council, says: "Our farmers' markets are a great place to buy last minute presents and fantastic food from a range of local producers. There will be the perfect festive mood and the chance to bag some great gifts and bargains as well as wonderful delicacies for your Christmas table. So come along to our markets in the build up to Christmas as there will be plenty of reasons to really get into the Christmas spirit this year and you'll be supporting our local producers at the same time."

Dates for the farmers' markets in the run up to Christmas are:

- Midhurst on Saturday 23 November from 8.30am to 1.30pm in North Street;
- Chichester on Friday 6 December and Friday 20 December from 9am to 2pm in North and East Street; and
- Petworth on Saturday 14 December from 8.30am to 1.30pm in Golden Square.

In addition, Chichester's Christmas Market will also be held daily from Saturday 7th to Sunday 15 December in North and East Street. There will be a nativity scene with donkeys and late night shopping on Thursday 12 December. For further information, please contact the City Centre Partnership on 01243 773203 or go to www.chichesterbid.co.uk.

For more information on the farmers' markets go to: www.chichester.gov.uk/farmersmarkets

Photo of the week

#Chichesterphoto

By @chriswitt1966 16th Nov
Dell Quay Chichester harbour late this afternoon. pic.twitter.com/lc1CYf4sg4

Win a meal for 2 at Murrays

Murrays

Chichester Herald [illegible] partnership with [illegible] a fabulous meal for two people every week.

The Chichester Herald will be running [illegible] competition sponsored by Murrays [illegible] every week where you have to guess the location of the picture. Full [illegible] and the people [illegible] will be entered into the draw to be the one lucky question.

Can you guess where this picture was taken within the Chichester area?

For your chance to win this weeks competition email your answer name address and contact number to **news@theshiphotel.net**

North Street, Chichester, West Sussex, PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Entries close on Wednesday 27 [illegible] November 2013 at midday. The competition is for one winner who wins a 3 course meal for two from The Pre-Five menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept [illegible] last week's answer was Centurion Way, Chichester.

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National News

UK city of culture 2017: Hull's 'coming out of the shadows' bid chosen

HULL has been chosen to be the UK's city of culture in 2017, beating three other shortlisted cities for the title.

The announcement was made in Westminster by the culture secretary, Maria Miller. "This is brilliant news for Hull and everyone involved in the bid there," she said.

She added: "This year's UK city of culture, Derry Londonderry, demonstrates the huge benefits that the title brings. These include encouraging economic growth, inspiring social change and bringing communities together.

"It can produce a wonderful mix of inward investment, and civic pride and I hope Hull's plans will make the most of all that being UK city of culture can bring."

The leader of Hull city council, Stephen Brady, told the BBC: "What I'm saying is thank you to the panel for changing Hull. Never again will Hull have the reputation that some people have put on it in the past.

"The people here, the wonderful people of Hull, appreciate what's been done, the decision that's been taken and we are on the move."

Hull was picked ahead of Dundee, Swansea Bay, and Leicester. Former Hull East MP John Prescott welcomed the announcement by tweeting: "It's happy hour again", a reference to the best known song of the Hull pop group The Housemartins.

Postman delivers escaped chicken to Somerset woman

The card said "I chicken" could not be delivered because "it's too large"

A POSTMAN has notified a woman of an escaped hen's return via a delivery card for "a chicken".

Leanne Preston, from Congresbury, north Somerset, found the Royal Mail card from her postman when she returned home on Saturday.

The note said the hen, called Windmill, was spotted escaping through a hedge and had been returned to its coop.

The postman had added that the delivery could not be posted because "it's too large".

Ms Preston said it was not her usual postman who had returned Windmill, but whoever it was, "he must have done a bit of comedy chasing".

The chicken is one of four ex-commercial caged hens Ms Preston has rehomed through the British Hen Welfare Trust charity.

She said Windmill was "a bit of a Houdini" who often had to be returned by her neighbours after escaping through a hole in the hedge which has now "been plugged".

She added that she had not been able to "thank the lovely postie who brought our wandering chicken back at the weekend".

"My normal postman didn't know anything about it," she said.

Royal Mail was unavailable for comment but tweeted it was trying to trace the "postie who left [the] card".

Calendar flops

Branded "naff nerdy and boring"

A "DULL" CALENDAR of red telephone boxes around Wales has struggled to sell a single copy.

The "Fast Disappearing Red Telephone Boxes of Wales 2014" has been branded "naff, nerdy and boring" by its publisher Kevin Beresford.

Mr Beresford, 61, was responsible for unlikely seasonal hit Roundabouts of Great Britain 2012 – and was hoping to repeat his success.

But it had failed to attract any buyers since going on sale in September.

It features phone boxes in areas including Monmouth and Llanberis in Gwynedd.

Mr Beresford, of Redditch near Birmingham, said: "We now feel the need to confess and state, we may have crossed a boring bridge too far.

"But, are we not all fed up with David Beckham, six-pack firemen, Lady Ga-Ga, One Direction and dare I say Cliff Richard?

"We have created a calendar that is considered to be so hum drum, so naff, so nerdy, so dull, so parochial that not even the most patriotic Welsh person wants to buy a copy.

"In short we have not sold one calendar and we are past mid-November in the shopping run up to Christmas."

News in Brief

• An "obsession" with reducing crime is creating pressure on police to "manipulate" crime figures, says a senior police officer. Derbyshire's Chief Constable Mick Creedon said numerous officers in "many forces" told him it was happening. Mr Creedon said officers were "doing everything they can" to ensure crime did not go up.

• An appeal by UK charities to help victims of the Typhoon Haiyan in the Philippines typhoon raises £50m in eight days. The Disasters Emergency Committee (DEC), a group of 14 aid charities, said the public was continuing to give with "amazing generosity". It has helped more than half a million people affected by the typhoon, which killed more than 3,000.

• The former Co-op Bank chairman has apologised after a newspaper reported he bought and used illegal drugs after appearing before a committee of MPs. Chancellor George Osborne is to order an independent inquiry into how Paul Flowers was deemed a suitable chairman of the Co-op Bank.

• Two private investigators who tricked GP surgeries and utility firms into revealing people's private details have been convicted of breaking data laws. Barry Spencer, 41, and Adrian Stanton, 40, were found guilty of conspiring to unlawfully obtain personal data at Isleworth Crown Court, west London. It heard their firm, ICU Investigations Ltd, had made some 2,000 bogus phone calls to "blag" information.

Chichester Business

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New unemployment-busting degree prepares students for future careers

A NEW degree preparing students for a career in Britain and abroad is being launched at the University of Chichester.

The BA (Hons) in Politics and Contemporary History focuses on teaching essential transferrable skills—including critical thinking, analysis, and research—by exploring the development of the modern world.

The three-year course, which starts in September 2014, also analyses the history of Britain, Europe, America, and Africa, as well as international economics and law.

It will be led by newly-appointed tutor Dr Marco Wyss, who previously researched and consulted on international security at the Swiss Federal Institute of Technology in Zurich.

The senior lecturer, who studied both politics and history across European and American universities, said the combination of two mutually-informative subjects will equip students with many transferrable skills.

He added: "History enables us to understand the making of the modern world and its complexities, while politics allows us to comprehend how the world is run and examine it more analytically.

Students can pursue a range of careers in international affairs, research, teaching, business, law, and journalism, and the combination of politics and contemporary history will prepare for the increasingly competitive job market awaiting them after graduation."

As part of the course students will also visit Geneva and Brussels, which are home to the United Nations, European Union, and NATO.

Dr Hugo Frey, Head of the University's Department of History, said: "This is a degree for all those who are fascinated by modern and contemporary history or those who thrive on understanding how decisions are made, contested, and debated."

Further information about the new course can be found at www.chi.ac.uk/politicsandcontemporaryhistory

Goodwood wins National Racecourse Award

Adam Waterworth, Goodwood Racecourse Manager, picks up the award

THE RACECOURSE ASSOCIATION (RCA) has revealed Goodwood Racecourse as the winner of the Food & Beverage category at the annual RCA Showcase & Awards which took place at the Lingfield Park Racecourse on Thursday 14 November.

The Secret Garden hospitality area was deemed by the independent judging panel to be best in class, due to the innovative nature of the event.

The racecourse hosted The Secret Garden for the first time in 2013, developing the area in conjunction with Roger Smith, a Chelsea Flower Show Gold Medal winner and Fairmont Hotels & Resorts to deliver a truly unique area that reflected King Edward VII's comment that 'Goodwood is a garden party with racing tacked on'.

The Showcase Judges were overwhelmed by the sheer quality and excellence of The Secret Garden. They commended the breath taking transformation of space and the style and beauty which maintained the racecourse's brand ethos, which scored full marks in its category.

Celebrating excellence and innovation across all areas of racecourse life, the fourth annual Showcase & Awards saw Chester named overall Showcase Champions with Warwick, Beverley, Lingfield Park, Goodwood and Cheltenham winning their respective categories.

The team from Kelso Racecourse were named inaugural Groundstaff Champions whilst Aintree won the Racing Post Readers Award that saw racegoers nominate examples of fantastic customer service. The basket of local cheeses given to winning connections at Market Rasen won the @RCAShowcase twitter feed #TopSpot Award.

Adam Waterworth, Goodwood Racecourse Manager, said: "It's the third year of these awards, and we have picked up awards at all of them! It just shows how hard all the team work at coming up with innovative ideas and experiences for race goers."

RCA Chairman Ian Barlow said: "It has been fantastic to see the growth of the Showcase Awards over the last four years. Every year the standard of entry has risen which is proof of how hard our racecourses are working to promote our wonderful sport by providing an excellent day at the races."

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Chichester College Apprentice crowned 'Highly Commended' at the National Apprentice of the Year awards

FROM THOUSANDS of entries to 236 finalists, Toby Schofield a Chichester College Bench Joinery Apprentice, made it to the final three at the National Apprentice of the Year Awards 2013 and scooped in second place with 'Highly Commended'.

The 19-year-old from Bognor Regis attended the prestigious event at the NEC in Birmingham, where the WorldSkills UK (a national vocational talent competition) event was also taking place. Over 100,000 people attended the four day event and it was Toby's time to shine on Saturday evening 16th November as the results were announced.

Toby works for Creative Woodworking Company in Bosham where he fits, measures and cuts units for kitchens, bedrooms and wardrobes. He is currently completing his Level 3 Bench Joinery at Chichester College, after successfully finishing his Level 2 with flying colours.

Toby was nominated by Simon Ward, Director of Creative Woodworking Company, and reached the National final after being crowned 'Intermediate Apprentice of the Year 2013' for the South Central region. Simon attended the awards alongside Toby and is very proud of his Apprentice, he said: "It's an outstanding achievement and it's great for Toby, the College and I to share success at a national level. Top three in the country is remarkable."

The event was a fantastic opportunity for Toby to network with colleagues and peers and also to hear about how Apprenticeships have made a difference to the organisations and individuals who have reached the national stage of the National Apprenticeship Awards.

Despite narrowly missing first place, Toby is looking forward to planning out the rest of his career, he said: "It's been a life changing experience. I'm extremely pleased about the award and excited for the future ahead of me."

Toby Schofield is proud to be completing his apprenticeship and pursuing his passion at Chichester College, he said: "I chose this as I have always enjoyed woodwork and an apprenticeship gave me the opportunity to greatly improve my skills and learn about the business. It has enabled me to have a better understanding of the processes involved in running an enterprise."

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Arts & Entertainment

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Cineworld Now showing at Cineworld Chichester

Knoxville returns as Irving Zisman

Jackass Presents Bad Grandpa (15)
Running time: 92 mins
Director: Jeff Tremaine
Starring: Johnny Knoxville, Spike Jonze, Jackson Nicoll

★★★☆☆

Johnny Knoxville revives his old man character, Irving Zisman, for another crude and audacious comedy that's actually quite funny

What's it all about?
Irving Zisman's wife has just passed away, and his daughter is off to prison leaving him as guardian to her young son, Billy. The two head out on the open road to reunite Billy with his father, getting into lots of trouble along the way.

The Good
Jackson Nicoll is as cute as they come with his chubby cheeks and mischievous smile ensuring him and Bad Grandpa get away with most of the naughty pranks they play. Knoxville has mastered the art of making people feel uncomfortable and his young counterpart Jackson Nicoll has also learnt how to hold a straight face as he tells people that his mum's breath stinks of crack or his grandpa is off getting drunk.

Highlights include Billy pushing grandpa (very drunk) in a shopping trolley to a chicken shop drive-in where he orders chicken 'with a side of poontang,' but the staff take it all in their stride and in wanting to make sure he sobers up they help him out. In fact it is the reactions of the public who they're testing that makes for the best viewing, the man who double takes when grandpa shits in public, the gang of bikers who are super protective of young Billy when a fight breaks out, or the people who sit with Billy when he's left alone show the kind side of human nature. Of course this mean brand of humour can bring out the worst in people too with some shocking and threatening reactions to an obnoxious old man, but this entire film is designed to provoke so it's hardly surprising.

The Bad
The one note practical joke formula is as simple as they come, with the Jackass team seeing how far they can push people before getting into real trouble, and it hasn't matured in any way making which does make it feel rather tired. The naff physical comedy gets a bit tiresome too.

Worth seeing?
Bad Grandpa delivers a funny, gross and surprisingly sweet edition of Jackass' brand of humour which makes for mostly enjoyable viewing.

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q Johnny Knoxville shot to fame in which MTV show?

A. PUNK'D
B. JACKASS
C. CRIBS

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 26th November 2013 at midday. The winner will be notified later on that day. Last week's winner was Sandra Leroy-Baker from Angmering. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 8EL
0871 200 2000

Sky Diary December 2013

By Pete Littlejohns

Mercury is on the other side of the Sun so out of sight and Saturn, Uranus and Neptune are difficult to see at present.

At mid-month Venus reaches only about 10 degrees above the SW horizon setting about 40 minutes after the Sun with the crescent Moon fairly close by on the 5th.

The Earth's winter solstice occurs on the 21st of December when the Sun reaches its most southerly point in the sky giving astronomers the longest night of the year.

Mars rises just after midnight in the constellation of Virgo and will be getting brighter as the month goes on. The Moon is close to Mars on the night of 25/26th.

The giant planet Jupiter crosses the meridian in Gemini in the early morning is close to the Moon on the 19th and well worth a look in good binoculars.

The maximum of the Geminid meteor shower is on the 13th and fairly high in the SE. This shower often produces some very bright shooting stars numbering up to 100 an hour but unfortunately the Moon is at First quarter (half phase) and will drown out most of the fainter ones.

Planetarium Shows and Dates December 2013

Sunday 01	3.30pm	Remarkable Comets
Sunday 08	3.30pm	Remarkable Comets
Friday 13	7.30pm	The Night Sky This Christmas
Sunday 15	3.30pm	The Night Sky This Christmas
Sunday 22	1.30pm	The Star of Bethlehem
Sunday 22	3.30pm	The Star of Bethlehem
Monday 23	7.30pm	The Star of Bethlehem
Tuesday 24	1.30pm	The Star of Bethlehem
Friday 27	7.30pm	Seven Wonders of the Solar System
Sunday 29	3.30pm	The Magic of Jupiter and its Moons
Monday 30	3.30pm	Hubble's Glorious Universe
Tuesday 31	3.30pm	The New Year Night Sky

Tickets: Adults £6.00, Children £4.00. Tickets are available to callers at the The Novium, Tower Street, Chichester. Alternatively please phone 01243 774400 or ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only on the day. A map showing our location can be found at www.southdowns.org.uk

Leading fairy tale expert talks Brothers Grimm at University

A WORLD leading fairy tale expert will be speaking at the University of Chichester next week as part of a new exhibition on the illustrations of the Brothers Grimm.

Top-selling children's literature specialist Jack Zipes, who has written more than 20 books on the evolution of fairy tales and their role in modern society, will visit the institution on Monday 25 November.

The 76-year-old will be speaking at the University's latest art exhibition, Grimm Girls: Picturing the Princess, which marks the bicentenary of the brothers' first story collection.

It will also explore the changing persona of princesses in six of the most popular tales, including Red Riding Hood, Sleeping Beauty, Snow White, Cinderella, Rapunzel, as well as Beauty and the Beast.

Professor Zipes said: "Fairy tales serve a meaningful social function, not just for compensation, but for revelation to reveal the gaps between truth and falsehood in our immediate society."

As part of the talk, which starts at 4pm, the author will examine the radical visions and feminist interpretations of fairy tales in paintings, sculptures, and photography.

He will also be joined by Cambridge University professor Maria Nikolajeva, who won the International Brothers' Grimm award for a lifetime achievement in children's literature in 2005, as well as fantasy novelist Terri Windling.

The Grimms Girls exhibition, which runs until January, has been organised by Dr Anne Anderson from the University's Sussex Centre for Folklore, Fairy Tales, and Fantasy.

She said: "The potency of the Grimm Brothers' first collection, Children's and Household Tales, has not waned since it was first published more than 200 years ago.

"We are thrilled that several of the world's leading fairy tale experts will be speaking at the University, and this is a fantastic opportunity for the public and our students to gain a unique and personal insight into folklore history.

"The exhibition will also feature first-edition books by famous children's illustrators Mervyn Peake, whose work included Alice in Wonderland, and Charles Robinson, responsible for The Secret Garden."

Tickets for the talk, which cost £5 each, are available from the listings page at www.chi.ac.uk/events or by emailing scfffevents@chi.ac.uk.

Alternatively, to find out more about the Grimm Girls exhibition, visit the Sussex Centre's website at www.sussexfolktalecentre.org.

Discover the rich history behind Edes House

LOCAL history enthusiasts will have a rare opportunity to find out more about the past of a Chichester landmark later this month.

As part of the Chichester Christmas Festivities, visitors will be able to enjoy special evening tours around Edes House on Thursday November 28 and Thursday December 5.

The 90-minute tours will take visitors on a journey through time, as they discover more about life in Stuart Sussex and find out how changes in society were reflected in the domestic architecture at the end of the 17th Century.

They will also discover more about the history of Edes House itself, which was built in 1690 for local maltster John Edes and his wife Hannah.

The doors open at 7pm, with tours starting at 7.30pm. Tickets cost £9.95 per person and include light refreshments on arrival.

To book, please email edeshouse@westsussex.gov.uk or call 01243 777265. Edes House is located along West Street, Chichester – in front of County Hall.

For more information about Edes House, please visit www.westsussex.gov.uk.

What's On in your local area...

• When Icicles Hang By The Wall – a celebration of the winter season in words and music. Saturday 30 November 2013 7.30pm St Nicholas Church, London Road, Arundel. Tickets £10 to include a glass of wine and shortbread. Available from The Priory Playhouse 07523 417926 or St Nicholas Church Parish Office 01903 882262.

• Get in the festive spirit at Westgate Leisure Chichester's Christmas Fair on Sunday 8 December from 10am to 3pm. There will be a large variety of stalls; come and meet Santa, a choir and mulled wine. For more Christmas events and information see www.chichester.gov.uk/christmas.

• Charity Dinner Brasserie Blanc Chichester on Sunday, 1st December. Tickets £30 per person which includes a 3 course meal (choice of meat, fish or vegetarian) glass of red or white house wine and a coffee. Bottle of champagne for lucky ticket holder plus raffle with some great prizes. 50% of ticket price being donated to Dreams Come True. Tickets available from Wendy Gray at Dreams Come True. Telephone 01428 726335 or e-mail wendy@dreamscometrue.uk.com.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.
We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2BF. More details from Andrew@andrewperry.plus.com or 01243 776391.

• CHICHESTER MODEL ENGINEERS – Santa Specials. Come and meet Santa at: Blackberry Lane, Chichester PO19 7PS. Sunday afternoon 8th December. 1.00 p.m. to 4.00 p.m. Entry ticket prices: £8.00 for children including a gift from Santa, £4.00 for everybody else with a hot or cold drink and mince or apple pie. Free train rides for all visitors. For more information visit the website: www.cdsme.co.uk.

• Autumn Production – The Thirty Nine Steps – 26th to 30th November. The Thirty-Nine Steps – but not as you know it. Based upon Hitchcock's iconic film, this adaptation of John Buchan's spy thriller by Patrick Barlow (from an original concept by Simon Corbel and Nobby Dimon) and by arrangement with Edward Snape for Fiery Angel Ltd) is both a ripping yarn and hilarious comedy. Due to the plays huge popularity Funtington Players have added a Saturday matinee to the usual evening performances of Tuesday to Saturday inclusive. Tickets will be £9 each and will be available by visiting www.ticketsource.co.uk/funtingtonplayers, the Funtington Players website at www.funtingtonplayers.org.uk, by telephoning the Box Office at 07565 464271 or by post by sending a cheque to the Box Office at The Old School Hall, Mill Road, West Ashling, Chichester PO18 8EA (SAE please).

• Saturday 16th November 2-4p.m. Hall Fair at Donnington Hall, Stockbridge Road, Donnington. Admission 20p. Stalls, beauty demonstrations, teas, childrens stall and activities.

• Monthly meetings carried out partially in Welsh, rest in English-all levels of Welsh welcome-meetings in members houses-contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

• This week at New Park Cinema. Sat 30 Nov 12.45 Happiness Promised Land 95m 14.45 Modigian (15) 122m 17.00 Letters to Sofija (12A) 130m 19.30 Not Another Happy Ending (15) 102m Sun 1 Dec 13.00 Computer Chess (15) 97m, 15.00 A Long Way From Home (12A) 85m 17.00 Project Wild Things (12A) 85m 18.45 Nocturne (15) 140m Mon 2 Dec 12.00 Love Tomorrow (PG) 80m, 13.30 A Long Way From Home 17.00 InRealLife (15tbc) 86m, 19.15 Any Day Now (15) 97m Tue 3 Dec 13.00 InRealLife 14.45 Shady Lady (PG) 90m Wed 4 Dec 13.15 Any Day Now 15.15 Janapar: Love on a Bike (15) 79m, 17.00 A Long Way From Home 18.45 Letters to Sofija.

If you would like a non profit or profit to charity event listed then send 70 words to events@chiherald.co.uk. All listings are subject to change without notice and are printed here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Rosette awarded food in stunning surroundings Murrays; The oldest new restaurant in Chichester

THE SHIP Hotel in Chichester has recently opened its doors to their new British restaurant, Murrays.

Named after Admiral Sir George Murray, Captain of Nelsons British fleet in 1805, and former mayor of Chichester whose house was once the same building as the Ship Hotel.

The breath-taking interior of the restaurant reflects Admiral Murrays travels on the high seas, strongly accented with colonial features including ornate chandeliers, botanical prints, African influences, bold bronze and mocha colour schemes and opulent textured wall paper which is also featured on the restaurant table wear. Lines of towering palm trees decorate the formal restaurant, accompanied by large lanterns, beautiful ivory amaryllis and white orchids dotted on every restaurant table, matching the crisp white cotton napkins. The private function room and bar area share the same theme with incredible attention to detail and quality finishes that are guaranteed to make an impact.

Food and Restaurant Review

Portion size: Perfect
Service: Attentive, professional and friendly
Value for Money: Delicious food, honestly priced
Ambiance: Truly unique – chic and relaxed

The menu is refreshingly British, featuring seasonal classics with a Murrays twist including a hearty steak and kidney pudding filled with tender beef strips and creamy gravy and a ham hock scotch quail egg starter. Most dishes are sources locally, from the Sussex cheddar featured in the sesame seed-crusted Sussex cheddar triple baked souffle to the Surrey steak. There's also some equally appetizing vegetarian options including a creamy and rich field mushroom, beetroot and feta millefeuille and George's House salad which we highly recommend, a simple but very effective assortment of crunchy winter vegetables featuring radishes, French beans, fragola, pomegranate, cherry tomatoes, pumpkin seeds, crunchy broccoli, beetroot, greens and sweet potato soured fresh and locally and packed with home-grown flavours.

It is no surprise that they already hold an AA rosette for their restaurant and are now working towards a second following their new restaurant interior, seamless restaurant service and choice of quintessentially British dishes served, using only the finest ingredients.

The wine list features a varied selection of International wines from Pays D'Oc to Patagonia, served by the bottle or glass. The Merlot IGP Cheval d'Or complements the steak and kidney pudding with its smooth fruity flavour and there's also their own-labelled and highly recommended Captain's Claret or Captain's White Burgundy.

Desserts include rich chocolate mousse served with fresh basil, chocolate ice cream and sweet chocolate crumble, as well as a delicate rhubarb and ginger crème brulee.

Whether it's for drinks, lunch or dinner, we highly recommend Murrays for a true taste of England in colonial settings fit for Sir George Murray himself.

Popular with locals, corporate

bookings and high end functions as well as a notable celebrity following (see the signed wall of fame in the restaurant), the new restaurant is booking up quickly over the festive period. Showcasing a truly unique festive set menu, Murrays have availability over the Christmas period and are open on Christmas day, Boxing day and New Year's Eve. To book your table contact Murrays on 01243 778000.

Murrays, The Ship Hotel, 57 North Street, Chichester, West Sussex, PO19 1NH 01243 778000 www.theshphotel.net

Yuzu: The Chef's Secret Ingredient

WAITROSE is sharing a culinary secret that top chefs have managed to keep hidden for years – yuzu juice. Hailed by many as a superfruit, with fans including Jamie Oliver and Nigel Slater, yuzu is predicted to become the 'it' ingredient of 2014.

The Asian citrus fruit, which looks like a small, bumpy grapefruit, has been a staple in Japanese cooking for centuries. However, because of its limited availability in the UK, it has remained a top secret flavour with chefs, appearing on the menu at Nobu and numerous Japanese restaurants.

Now, Waitrose is introducing this tangy, yet floral, flavour powerhouse, as the demand for Japanese ingredients for home cooks reaches fever pitch.

Waitrose Development chef James Bennington says, "This is a potent juice, which is both citrusy and aromatic. There's no Western equivalent – it's a complex flavour with hints of mandarin, lemon and grapefruit. Yuzu is so flexible, it can be used in savoury dishes, matching particularly well with fish, as well as cocktails and desserts."

Yuzu juice has a myriad of uses, including marinades, salad dressings and sauces or as a zesty addition to lemonade and mayonnaise.

Waitrose Cooks' Ingredients Yuzu Juice (£4.59/100ml) is launching on November 17th in Waitrose shops nationwide.

Tesco launches Future Farmer Foundation

THE Future Farmer Foundation has been launched by Tesco to support the next generation of British farmers.

The Foundation has been established to help bright, talented, determined young people make their own start in the world of agriculture, whether that's taking over the family farm, embarking on a new business venture, or entering the industry for the first time.

In its first year, Tesco will offer a minimum of fifteen young people a bespoke package of leadership training, business planning advice, mentoring, supply chain experience and networking opportunities.

Funded by Tesco and free for participants, the Foundation is unique in its tailored, candidate-led approach. Successful applicants will be able to choose a programme suited to their own aspirations and business needs, and it's hoped the Foundation will also be able to offer training and support to dozens more young farmers during the application process itself.

Richard Marris, Commercial Director of Fresh Foods at Tesco said:

"We're committed to the success of British agriculture, and we want the next generation of farmers, with all their energy, talent, and dedication, to be working with us for decades to come. Whether it's guidance on succession planning, advice on financial management, or providing access to a world-leading supply chain, we've developed the Future Farmer Foundation to be a strong base from which the farmers of tomorrow can launch themselves onto their chosen paths."

Beth Bennett, aged 20, doesn't come from a farming background, but now manages a 10,000 hen free range egg production unit. Beth piloted the supply chain experience element of the Foundation, and found it invaluable.

"The scheme can help you develop yourself as a person to be able to achieve what you want in agriculture. Looking into the supply chain, it's been very beneficial to be able to go to the processing plant, and to go to Tesco's headquarters to talk to the technical managers and buyers, to understand what the customer wants."

Similarly, 21 year old Sophie Barnes, is new to agriculture, having moved to the countryside six years ago has built up her own flock of 150 ewes.

"I know I'm lacking when it comes to business skills – I can look after my sheep, but I've never had anyone teach me how to write a business plan. The courses that the Foundation offers, specifically tailored to helping with an agricultural business plan, are something I can't get anywhere else. It's ideal."

Dan Luff is 26 and farms a herd of beef cattle in partnership with his parents. He's positive about the training he has received.

"The scheme has helped me by adding new skills to my repertoire, in the way of negotiation skills, helping me with time management and leadership style."

National Federation of Young Farmers' Clubs' Acting CEO James Eckley said:

"As one of the largest rural youth organisations in England and Wales, NFYFC works to support young people living in rural areas. The Future Farmer Foundation compliments much of the work we do in helping to develop the leadership and business skills of rural young people and we would encourage our members to take up this fantastic opportunity to further their careers in agriculture."

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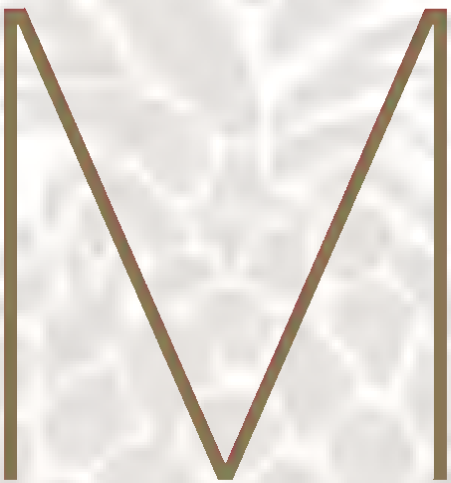


Murrays

RESERVATIONS
01243 778000

NORTH STREET, CHICHESTER

Look after your immunity, and it will look after you!

Denise Kelly

I HAD a request this week to talk about Mouth Ulcers, so here goes

I know a lot of people suffer from painful mouth ulcers, and it can really affect your mood. All the topical creams in the world make very little difference, and really what you need to be looking at is what is going on inside the body to cause these little nasties in the first place.

Mouth ulcers are usually signs of stress and mean you are over working, over training or just too manic! They can appear alone or collectively, and are red with a yellow center and can measure about one centimeter in diameter. Be slightly cautious if you keep getting break outs as mouth ulcers may occasionally reflect other health problems such as inflammatory bowel disease or an allergy to gluten (found in wheat, rye, barley and oats), fluoride or some other substances. Mouth ulcers can also indicate a deficiency such as iron or some other minerals. My advice is not to reach for a single iron pill but increase your healthy leafy greens! Juice them, smoothie them, take them in powder form, grow wheatgrass! Do whatever it takes to put your frazzled immune system back into order.

To relieve pain and hasten healing, suck on a zinc and vitamin C lozenge every two hours. If the ulcers are extremely painful, for instant (but temporary) relief, make a paste of bicarbonate of soda and water and pack it on the ulcer, or do the same with powdered charcoal. It works a treat and has no nasty chemicals.

Physical trauma to the mouth can also precipitate an outbreak – for example, braces, chewing the inside of the cheek and over enthusiastic tooth-brushing. Anything spicy or acidic will hurt. Instead, choose cooling foods such as watermelon, pears, cucumber and lettuce. If the ulcers make it too painful to chew, try smoothies, pureed soups and vegetable juices. You can also take immune boosting herbs such as echinacea, astragalus and wild indigo.

Taking wheatgrass can help your immune system

In addition, two B vitamins in particular – folic acid (B9) and thiamine (B1) – have been shown to heal and prevent mouth ulcers. Use spirulina to help with this but remember if stress is the trigger, take this sign as an opportunity to look at removing and reducing the causes of your stress, and try stress-diffusing activities such as yoga, meditation and walking the dog.

Look after your immunity, and it will look after you!

The importance of iron

Spinach may not quite give you superhuman strength to fight off villains like Popeye's nemesis Pluto, but this leafy green and other foods containing iron can help you fight a different type of enemy – iron-deficiency anemia. Iron-deficiency anemia, the most common form of anemia, is a decrease in the number of red blood cells caused by too little iron. Without sufficient iron your body can't produce enough hemoglobin, a substance in red blood cells that makes it possible for them to carry oxygen to the body's tissues. As a result, you may feel weak, tired, and irritable.

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@denisekelly.co.uk or 01243 528048.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester West Sussex.

British women feel most beautiful at 29

THE AVERAGE UK woman feels at her most beautiful in the final year of her twenties (29), before hitting the big 3-0.

Research released by the St. Ives skincare brand today reveals that almost a quarter (23 per cent) of British women feel at their most naturally beautiful at 29, with over a third (39 per cent) stating that they believe their looks to be at their peak at this age.

Feeling confident (57 per cent), falling in love (31 per cent) and being in a stable relationship (31 per cent), were amongst the factors cited as the most significant reasons behind women feeling their most attractive in their 29th year.

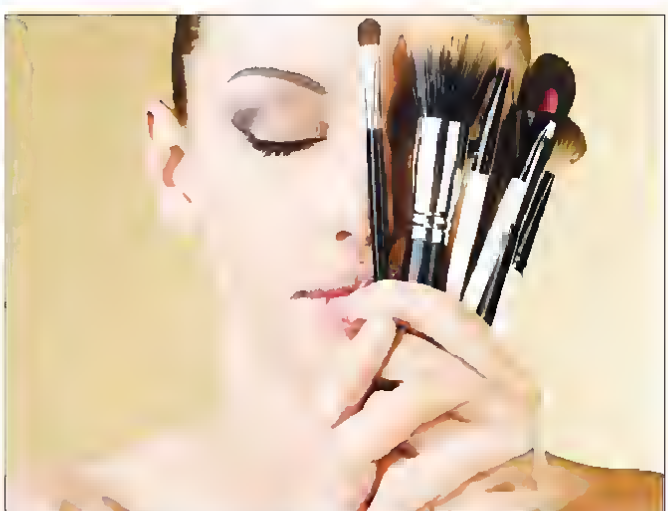
Age aside, it seems the 'Friday feeling' really does make a difference too, with a third of women (33 per cent of women) stating that during the week, they feel at their most gorgeous at 10am on a Friday. Over a quarter (26 per cent) said they felt good at this time because they had slept well, with 13 per cent stating that they felt fresh faced and full of energy (12 per cent).

In fact, the results revealed that getting plenty of beauty sleep is key, with 64 per cent of women stating that they feel at their least beautiful when tired. Almost half of UK women (48 per cent) attributed stress to feeling unattractive, whilst 29 per cent said that being in the presence of other attractive women made them feel less beautiful.

The research also revealed that women feel at their most naturally beautiful on their wedding day (26 per cent), on holiday (26 per cent) and whilst pregnant (14 per cent), whilst more than one in 10 women (12 per cent) feel they bask in a naturally beautiful glow after making love, and three per cent of women feel most attractive at work.

According to the survey, for over a third of women (36 per cent), receiving compliments from friends has more of an impact on how beautiful they feel than being complimented by men (34 per cent).

Nicole Melmore, Brand Manager, St. Ives said, "From age to occasions, our research shows that beauty really isn't skin deep. In fact, with more women stating that they feel more beautiful when they are at home without their make-up on (17 per cent) compared to when they're wearing lots of make-up (seven per cent), it seems that feeling attractive isn't just down to having a perfectly made up face.



"There are a variety of factors that contribute to making women feel beautiful in their own skin, from a simple good night's sleep to eating a healthy diet. We hope that women across the UK – of all ages – discover the little things that make them feel more attractive and have the confidence to embrace their natural beauty as a result."

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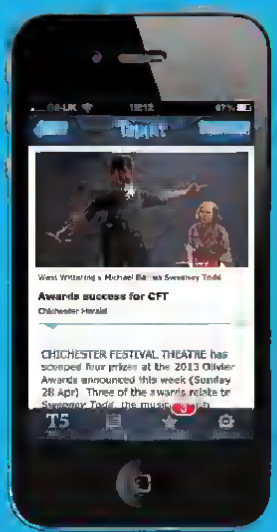
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has
scooped four prizes at the 2013 Olivier
Awards announced this week (Sunday
28 Apr). Three of the awards relate to

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TOWIE, Jeremy Kyle and GBBO top list of 'guilty pleasure' TV

THE ONLY Way is Essex, Jeremy Kyle and The Great British Bake Off have emerged among a list of telly shows we love—but never admit to watching, new research has shown. A study found a large percentage of us have programmes which we regularly sit down to enjoy – but prefer to keep our guilty pleasure to ourselves.

The latest adventures of Joey Essex, Sam Faires and Lucy Mecklenburgh came top of the pile, while Jeremy Kyle's show came second.

The imperious Great British Bake-Off also made the top three.

The research, commissioned to mark the launch of TalkTalk's Essentials TV, Broadband and calls package, quizzed over 3,000 viewers on their TV habits.

Tristia Harrison of TalkTalk said: "Whether it's gathering the family together to watch your favourite programme, or tuning into your guilty pleasure to escape from the outside world, it's clear to see that TV is at the heart of British homes.

"It'd be boring if we all like the same shows, the key is finding TV that complements your viewing style and watching it your way."

The study revealed while many may be quick to insist they are avid viewers of high-brow programmes like Newsnight, the truth is the antics of the TOWIE cast that have viewers hooked.

Viewers are also unable to resist the lure of conflict and emotional drama of Jeremy Kyle.

Other guilty pleasures included tea time drama Hollyoaks, while many live out their twinkle-toed dreams of fame through a bit of Strictly Come Dancing.

And Brits are keeping their love of Storage Wars secured tightly as the show where treasure seekers bid on garages full of junk made the top 10.

While indulging in a bit of Ice Road Truckers proved common for many who prefer to let their love of the show slip by unnoticed.

The report found that the average TV viewer clocks up over 25 hours of television in an average week – more than 1,266 hours a year, which may explain why over a third said they love nothing more than a night in front of the box.

The study also saw Downton Abbey voted the most popular programme in recent times by the average British viewer.

TalkTalk worked in conjunction with the University of Warwick to classify viewers into eight different groups based on their responses.

According to the report, white van men harbour the biggest flame for baking goddess Mary Berry but keep tight lipped about it in front of their friends.

I've got no signal and my battery died - modern-day excuses

SAY GOODBYE to 'the cheque is in the post', 'I didn't hear my phone ring' and 'I had no signal' are now among modern life's most common excuses, research has revealed. A study of 2,000 adults found the cliched excuses of old are dying off, being replaced with a string of more technology based ones.

The research revealed the top three excuses are all related to a failure to respond to calls, emails or texts with 'I didn't receive the email' coming second ahead of 'I didn't get your text'.

'I'll do it tomorrow', and 'I haven't got time' completed the top five. 'The cheque is in the post' only made it to number 30 in the list.

Millions of adults also regularly claim 'I've left my wallet at home when it's their round and 'my alarm didn't go off' when they are late for work.

Excuses are also wheeled out when it comes to avoiding gym sessions or nights out, while others admit they use the cold or wet weather, a lack of cash and 'I need an early night' whenever they can.

The study was commissioned by Ordnance Survey to launch its GeoVation Challenge, which encourages active lifestyles.

Spokesman Chris Parker said: "Everyone has moments where they need to make excuses to either get out of something they don't really want to be doing, or to explain why they haven't done something they should have.

"Thanks to technology advances, the 'cheque' excuse is becoming less common, but it seems many people have excuses ready for everything from not answering the phone to not meeting their friends or even doing something that involves you being active.

"Exercising or being active often requires people to be in the 'right mood', so it's easy to understand why so many admit to making excuses, especially when the weather is bad or they are tired.

"Being active doesn't have to mean going for an intense run or joining a team sport, it could be as simple as some gardening or walking instead of driving, but being active is paramount.

"Many excuses for choosing not to be active could be counteracted by the activity itself, for example it doesn't cost money to help clear a local path, yet you are exercising at the same time."

Researchers found that the average Brit makes two excuses a day to get them out of doing something they don't fancy.

And excuses are most likely to be made for not answering phone calls, with the top pleas being 'I didn't hear my phone ring', 'I didn't have any signal' or even that their battery was flat.

Many also justify not responding to texts or emails by claiming not to have received them or that they were in the middle of something.

Instead of heading out for a walk or jog, more than a fifth claims 'they'll go tomorrow', while 22% say they 'haven't got time'.

Illness, injury and even having no-one to go with are also among the popular reasons for avoiding any kind of physical activity.

Lateness leads to excuses such as 'traffic was bad', 'my car wouldn't start' or 'my alarm didn't go off' while one in four find excuses to get out of being active or heading to the gym.

A quarter of Brits even admitted to regularly coming up with reasons to get out of meeting their friends by making out they have other plans, they are too tired and need a night in, or that they don't have any money.

Other things that often lead to excuses include not doing the housework, not eating healthily, not saving money and paying bills late.

Horoscopes

22nd - 28th November
Horoscopes from Kimi

Aries 21 March - 20 April

This week's about adventure and romance. You're natural desire for excitement and stimulation if not satisfied can lead you to become introverted and discontent. Get out the travel brochures and start planning the next adventure. If you have a partner you will find your enthusiasm rubs off. If single then travel plans could just bring someone new into your life!

Taurus 21 April - 21 May

The festive season is focusing your mind on new beginnings and change. This is great because this is not about knee jerk New Year resolutions but well thought out plans for change. You certainly have the motivation just be careful to pace yourself! A good week not necessarily for making the love of your life but definitely some serious flirting!!

Gemini 22 May - 21 June

Your finances are looking in better shape than they have for some time. And all this comes about quite by chance. An unexpected bonus, gift or win is on the cards. You are still feeling a little sluggish though so get a few early nights, in bed not in the wine bar! If single you are in for some excitement!!!

Cancer 22 June - 22 July

When you're on form no one can refuse you anything and you are definitely on form this week. Now I am not telling you to be devious but this would be a good time to use your charm to get that promotion you want, encourage your nearest and dearest to commit or diplomatically ask for whatever else your heart desires!

Leo 23 July - 22 Aug

Party, party, party! The next few weeks should bring lots of invitations and fun. Luckily at the moment, you have lots of energy too so can keep up with the pace. Go on and spread the love! If you are with a partner you are in for a hot time. If not you could be in for a hot time!

Virgo 23 Aug - 23 Sept

Family and home are at the forefront of your mind this week. You are very much the linchpin that ties family and friends together. You may find yourself organizing dinner parties, lunch parties or just impromptu get togethers. This doesn't necessarily mean that the tasks will be onerous, they will be fun. But for balance leave a little me time!

Libra 24 Sept - 23 Oct

There's a fine line between efficient multi tasker and headless chicken. Make sure you are the former rather than the latter by timetabling well and delegating skillfully. By this I mean make sure your successes are visible. Do this and you can't fail to impress. A promotion or even a move to a rival employer may be on the cards!

Scorpio 24 Oct - 22 Nov

Your thoughts turn to travel this week and combining this with some form of self education, self discovery exploration or fulfillment, or all of the above. Remember though, however intrinsically fulfilling these activities are they will need paying for. So keep a weather eye on your finances. Although man cannot live by bread alone he cannot live without it!

Sagittarius 23 Nov - 21 Dec

Things are looking pretty good for you this week. Your financial situation though not abundant is looking decidedly better than it has for some time. And if you learn to work with the directive forces rather than against them you will feel healthier, happier and more confident too. And as like attracts like be prepared for a fun time!

Capricorn 22 Dec - 20 Jan

As much as you try to get your head down this week you cannot stop your mind wandering. You are beginning to ask big questions, what do I want, where am I going. The answer is whatever and wherever you want. Focus your thoughts, make plans and seek out training if necessary and the world is your oyster!

Aquarius 21 Jan - 19 Feb

Friends and friendship groups will be occupying your thoughts this week. They may need your support or conversely you may need theirs. At work you are feeling a little jaded and undervalued at the moment, hang on in there your time will come. Romance is headed your way. If won't hit with a bang but remember from little acorns!

Pisces 20 Feb - 20 March

This is one of those rare moments in life when even if you screw up it is viewed as some sort of bohemian success. Just go with the flow and make the most of it. Just be careful not to let it go to your head or you could be in danger of alienating those you care for most.

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Spotless rooms more important than child safety: survey's surprising results

IN A POLL that aimed to discover the top-ranking issues worrying parents when taking their children on holiday, travel specialist Teletext Holidays found that the cleanliness of the hotel rooms is the most important concern for just under a quarter of parents (24 per cent), ranking above pool safety (17 per cent) and general safety in and around hotels (14 per cent).

Similarly, when it comes to spending time on the beach, the top concern was cleanliness, with 19 per cent of parents selecting this factor. This comes above beach safety and the worry of sunburn or sunstroke (both 11 per cent).

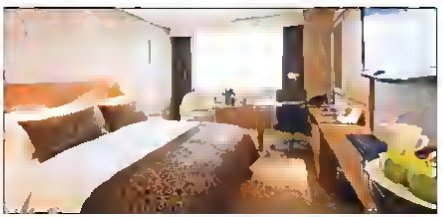
The research also revealed that picky eaters are causing their parents worry, as 23 per cent of those questioned are most concerned about having a variety of places to eat when they opt for a holiday resort, this concern ranked higher than live entertainment and the availability of kids' clubs. Parents seem more inclined to trust airlines to provide the food their children will eat, however, with only six per cent of parents saying the availability of suitable food in-flight was a concern.

While review sites may be popular with holidaymakers looking for tips and warnings before booking a holiday, it seems other people's experiences can't sway parents' choices as much as two other factors. Reviews were a concern for 10 per cent of the mothers and fathers questioned, yet the accommodation's star rating was a slightly more popular worry (20 per cent). However, the overall cost overshadowed all other holiday booking concerns, ranking top for a quarter of respondents.

Amy Patel, Senior Marketing Manager from Teletext Holidays, commented on the surprising findings, suggesting that the issues that concern parents the most – the cleanliness of hotel rooms and beaches, and the availability of suitable food throughout their stay – perhaps replace safety worries in the forefront of parents' minds as they are issues they may feel hotels are more likely to overlook.

"While these new statistics reveal that parents are looking for high standards of food and cleanliness from their holiday accommodation – and at a competitive price as cost is also a top-ranking concern – we feel they also show that parents have come to expect high standards of safety in holiday accommodation, too."

She continued: "While it is good – and a mark of the travel market's accomplishment – that parents feel comfortable enough that hotels and resorts will take the



measures necessary to ensure all their guests are as safe as possible, we feel it is also important that parents remember to stay as alert to potential dangers on holiday as they would be at home."

Despite parents' relative lack of worry about safety measures in accommodation, the statistics suggest this attitude does not extend to the journey to and from their destination – it seems mothers and fathers do not feel able to let their children out of their sight during travel, as getting a guaranteed seat next to their child ranked as the top concern during flights.

Teletext Holidays has created an interactive resource displaying its findings and providing tips on everything from booking to beach safety to help families enjoy the best holiday possible.

Sunscreens - two hours a day on social networks for teens family holiday

THE AVERAGE teenager spends nearly two hours a day on social networking sites whilst on the annual family holiday, a study has revealed. Researchers found that a third of parents claim their kids barely look up from their iPhone or Blackberry and are more concerned about keeping in touch with mates back home than spending time with the family.

Parents also raised issues about their temperamental teens tweeting, downloading music and watching movies whilst on the family holiday.

In fact, half of the 2000 parents of teenagers polled said they despair of their kids being constantly glued to gadgets.

And 20% of parents claim to have urged their adolescents to get more involved with activities.

But a more understanding 34% of parents said they could understand that teenagers got bored on holidays, the poll found.

A quarter said you couldn't blame them for resorting to gadgets if the family was constantly sightseeing historical sites or constantly sunbathing.

The poll found that the most popular experience that children look for on a holiday is visiting a waterpark, and this is the best way to drive them away from technology.

A spokesperson for Atlantis, The Palm in Dubai, who conducted the poll, said: "We are a family destination resort and are always intrigued to know what interests our guests of all ages, in order to help us further develop our offering and facilities.

"The poll found many teenagers were occupied by their gadgets, but in your teenage years you are keen to keep in touch with friends and social media makes that easier than ever – but you can understand parents' frustration.

"Parents have a hard job at keeping children entertained on holiday, especially if your children are different ages and interested in different things.

"It can be a juggling act to keep everyone happy, but holidays shouldn't be like that – it's important to choose a location that suits everyone whether they are toddlers, teenagers or middle-aged."

The poll found that on a typical 10-day holiday, teenagers would be glued to smart phones, laptops or tablets for nearly 20 hours, with Facebook and texting among the most popular activities.

One in ten like to upload holiday pictures to Instagram, and 40% are hooked on online games.

With all the distractions, a third said they were reluctant to make friends when on foreign soil.

Half of the parents polled said their kids will appreciate the effort that goes in to planning a family holiday when they are older.

Although mobile phones and laptops hadn't made an appearance back then – six in ten parents said they were similar when they were young, and usually had their heads buried in books or were plugged in to a personal stereo.

A spokesman for Atlantis, The Palm added: "This research shows that parents look for holiday destinations where the entire family can find entertainment for everyone to enjoy.

"Kids aged 13-18 can be hard to cater for on family holidays – they want to be independent and treated like young adults.

"Our resort caters for all ages, and we have learnt from this research that kids need to be stimulated with exciting activities in order for them to enjoy spending time with the family.

A winter wonderland all of your own

THE STUNNING 5 star Isle of Eriska Hotel, Spa and Island is located just off the West Coast Highlands of Scotland, a two hour drive from Glasgow. The hotel is delighted to announce their brand new self-catering winter breaks where guests are invited to the beautiful private island to stay in Arnott's House, a beachside property that comes complete with a private outdoor hot tub and romantic views overlooking Loch Creran with the Highlands in the distance.

Arnott's House provides complete seclusion from the outside world. Guests are able to completely switch themselves off and tune in with the natural surroundings with long strolls along the untouched beach that lies just 50 metres away, and time to relax in the hot tub with a glass of wine in hand making the most of the unique experience of being in their own private island.

The island is inhabited by countless species of animals such as wild otters, seals, red deer, and herons. Occasionally guests are even lucky enough to see a whale swimming off the shore or an eagle fly over head. Such is the magic of the island. Visitors can make the most of the island's facilities such as the complimentary 9-hole golf course, heated indoor pool, sauna, and steam room or for ultimate serenity, enjoy a heavenly treatment in the ESPA Spa.

Special activities such as kayaking, whiskey tasting and clay pigeon shooting can be arranged on request. Or why not board a private speed boat and cruise through the sea to visit some famous sites from the Bond movies?

In the evenings visitors can light some candles and cook for themselves with complete privacy; or if they wish they can head to the main house for a gastronomic dinner where they will be waited on hand and foot with food cooked up by Michelin starred chef Ross Stovold. Here guests can expect to find a variety of starters and main courses, with one fish from the surrounding waters, a meat dish from the hills surrounding the island and a final vegetarian alternative inspired by one of the gardens or larders close to hand. The hotel is also famed for its' extensive wine list, and very special Farmhouse Cheese Trolley.

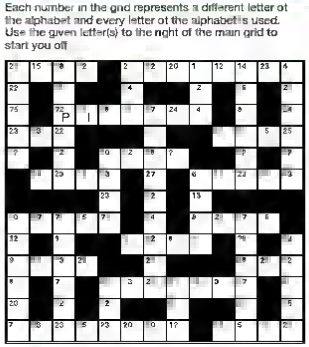
Easily accessible from Oban, Connel Airport, Glasgow and Edinburgh, guests can arrive by car, boat, or even aboard a private sea plane from Glasgow Airport!

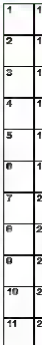
For more information, visit eriska-hotel.co.uk.

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off





Last week's solutions:

1 P	2 X	3 D	4 L	5 H	6 F	7 O	8 A	9 M	10 T	11 B	12 V	13 C
14 Q	15 K	16 I	17 Y	18 Z	19 S	20 G	21 W	22 J	23 R	24 E	25 U	26 N

Wordsquare

L	S	U
I	F	M
D	E	A

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found

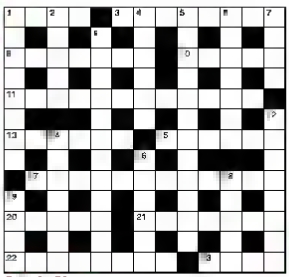
How you rate

15 words - average
25 words - good
35 words - very good
40 or more - excellent

Last week's solutions:
aport atop capa caper cape capter carp carpet carport carp chaper crept cope, copra, corporate crape crept, crop, epera, riperater pace, pacer pact pare part parrot, part, partier, pate patter paser peat, pert, poet, pearl, pearer pese port porter prester prate prater proctor rape raper rapt, raptor reap, recap report, rope repar tape taper tapet trecap Tope, taper tarpar trap, troop, trooper trope

Double Crossword

Choose either quick or cryptic clues



Cryptic Clues:

Across

1. Poor trio to droop like this? (4)
3. In a convent it gives preferential treatment (8)
9. Saying in the page arm, perhaps (7)
10. The thank you letter one gets from Greece (5)
11. Suckers will always buy them! (6,6)
13. Slightly sensitive? (6)
15. I am unfortunately having to return this sausage (6)
17. Indicate the spot for a country meeting (5-2-5)
20. Verdi's energy (5)
21. Newspaper piece could make it clear (7)
22. They sit outside the courts to give their decisions (8)
23. Natural they lack refinement (4)

Down

1. Foul a bit upset by a trifling annoyance (8)
2. Defence of the absent (5)
4. Means may become careless (6)
5. Bound to start a fight? (2,3,7)
6. You can't do a thing with it! (7)
7. Parted from very early times (4)
8. Apparently they don't require a penny for their thoughts (4,5)
12. Upright but lacking energy (8)
14. An ideal description (7)
16. Faster form of attack (6)
18. Fall into part of the main current (5)
19. A much revered figure (4)

Quick Clues:

Across

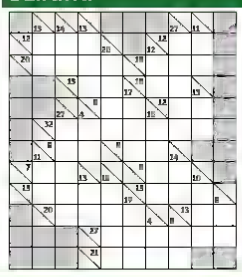
1. Pass (2,2)
3. Wasteful (8)
9. Send away (7)
10. Well up (5)
11. After death (12)
13. Make attractive (8)
15. Get away (6)
17. Despicable (12)
20. The sea (5)
21. Dryness (7)
22. More stable (9)
23. Remain (4)

Down

1. Good journey! (6)
2. Foundation (5)
4. Summary (6)
5. Essay (12)
6. Biggest ape (7)
7. Sediment (4)
8. Depressed (12)
12. Of late (8)
14. Sea (7)
16. Smear (6)
18. Wide bay (5)
19. Fling (4)

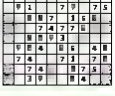
Last week's solutions.
CRYPTIC - Across: 6 Utensil; 7 Strum; 9 Style; 10 Turn off; 12 Swithered; 14 Taking a risk; 18 Respond; 19 Ride; 21 Sneer; 22 Seeing. Down: 1 Piety; 2 Venom; 3 Tip; 4 Stingo; 5 Gunfire; 8 Fuchsia; 11 Staging; 13 Make one; 15 Impart; 16 EV by; 17 Plant; 20 Pass. QUICK - Across: 6 Defence; 7 Plaque; 9 Tap it; 10 Nursery; 12 Reduce speed; 14 Flip-er-machine; 18 Asanine; 19 Still; 21 Azure; 22 Adverse. Down: 1 Lever; 2 Revue; 3 Act; 4 Gossip; 5 Quarrel; 8 Funeral; 11 Current; 13 Capsize; 15 Ignore; 16 Hatred; 17 Close; 20 Odd.

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

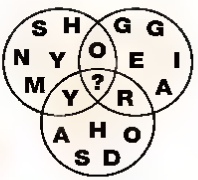
Last week's solutions.



Scribble pad

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What am the three words and the letter represented by the question mark?



Last week's solutions
The letter represented by the question mark is K. Kilkenny, Wicklow, Limerick, all counties of the Republic of Ireland

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

			N	
				R
A				
		N		
	R			

A

T	A	N	O	R
O	R	S	E	N
T	R	O	N	D
B	R	E	S	A
S	E	N	O	D

B

Last week's solutions
Druid, Rinse, Uncle, Islam, Deems

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From top to bottom: Simple, Intermediate, Difficult

Simple

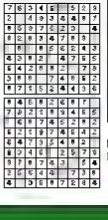
2		1	4			5	9	
	9			6	5	8		
	5				2		1	4
	2	7	9					8
			2	7				
4		9			6	2	3	
	4				9		7	
1		3		2			4	
	6	5			3	1		2

Intermediate

			8				2		
1			4		8		7	9	
		6	2		5	3			
8		9				7		5	
	1			5					
5		3			7	1		4	
		1	3		2	8			
9			7		1			2	
		2				4			

Difficult

	5					1		
2			8		1			7
			9		7			
		8	5		9	4		
7								5
		9	2		3	8		
			4		2			
6			1		5			2
	3					4		



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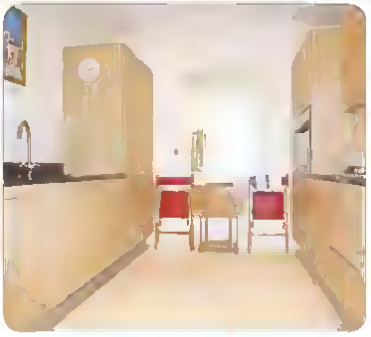
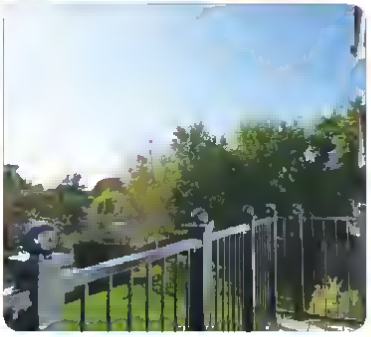




How to best approach large home renovation projects

OVER RECENT years more and more homeowners have been turning to home renovations in order to make their properties more suitable, comfortable or practical. Issues with mortgages and property markets have resulted in many people deciding to renovate their current properties rather than trying to sell up and move.

If you have decided that it's time your home had some work done, it is important to get the finer details sorted before you jump in feet first. A large project will need a lot of planning and will most likely require the help of professionals, so you need to get yourself organised first and foremost.

Planning your home renovation project

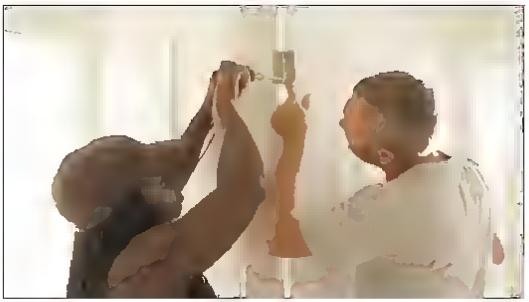
The planning stages of your home renovation project are vital, as this is the stage at which you will make some of your most crucial decisions. Some of the things you will need to take into consideration at this stage include the following:

The objective of the renovation: You need to think about what you want to achieve from the renovation so that you can better plan the work that will be required. For example, are you looking to increase the size of your property and create more space? The key objective should be the first thing you consider when it comes to large home renovation projects.

• The options available: You now need to consider what the various options are in order to achieve your objective. For instance, with the example above you could consider options such as an extension, a loft conversion, conversion of a spare room, knocking two rooms into one, or even adding a conservatory.

• Your budget: It is very important to think about your budget, as you need to ensure that you do not overspend on the cost of your renovations. So, do some number crunching and work out exactly how much you have available to spend on the renovation project.

• Finding a tradesperson: Once you have worked out what your budget is and what needs to be done, you need to start searching for suitable tradespeople. This means finding professionals who are not only affordable but also skilled in their respective fields, reliable and trustworthy. In order to find suitable tradesmen, it is well worth looking at reviews online, as this will give you a good idea of what to expect in terms of workmanship, service and reliability.



• Timescales: You should also work out what sort of timescales you want to work to so that you have an end goal to focus on. This is something that you can decide through discussion with the tradesperson or people that you hire to do the job, as they will be able to give you a more accurate idea of viable timeframes based on their professional opinions.

With some careful planning and research, you can make sure that your home renovation project runs smoothly and stays within budget.

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ALDWICK **£675,000**

Spacious & interesting attached property situated in a small private marine estate with access to the beach. The property which would benefit from some refurbishment comprises the West wing of approx half of the original detached house G F H & solar panels majority dble glazing impressive dual aspect open plan living rm plus sep dining area, sun rm kit/breakfast area, shower rm, first fl reception rm, first floor kitchenette master bed with en suite shower rm 2 further bedrms bathrm dble garage and good sized grns with access to a small copse which is collectively owned by the residents. EPC RATING E Further 3 bedroom adjoining flat/annexe now available EPC RATING D

CRAIGWEIL-ON-SEA **£419,950**

A detached bungalow situated in a small private estate within 100 yards of the shops and around 200 yards of the beach. The property would benefit from some modernisation u.P.V.C. dble glazing g.f.h. kitchen with sep utility rm master bedroom with en suite bathroom 2 further bedrooms bathroom det dble garage & a South West fac ng rear garden EPC Rating D

ROSE GREEN **£315,000**

An attached house situated in a residential development within 400 yards of Rose Green schools shops and doctors are located a little further to the East. G.F.H. u.P.V.C. d/glazing cloakroom lounge kitchen/dining room delightful conservatory master bedroom with en suite shower room three further bedrooms bathroom detached single garage and an easily manta ned South West fac ng garden EPC RATING C

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx 150 yards from the private marine estate The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u.P.V.C. dble glazing dual aspect liv ng rm with windows to South and West attractive kit/breakfast rm two bedrms fully tiled shower rm garage in nearby compound and use of landscaped communal gardens EPC RATING C

ALDWICK **£249,950**

A ground floor flat situated on the beach front of a private marine estate The location allows sea views from the living room sun room and kitchen with d rect access to the beach from the communal gardens G.F.H., u.P.V.C. dble glazing two bedrooms (one with en suite shower room) bathroom garage EPC RATING D

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul-de-sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around 100 yards away The current owners have re-furnished and refurbished the property in recent years and the specification now includes gas fired heating, dble glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom parking & rear garden EPC RATING D

ALDWICK **£130,000**

A one bedroom close care apartment in the grounds of the Royal Ray care and nursing home purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home. This property has been recently refurbished with new carpets replacement shower room refurbished kitchen and an internal redecoration. Gas c.h. double glazing living room and a communal launc y room EPC rating is C

Motors

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The new BMW i3 - born to be electric

THE BMW 13 is the world's first premium car designed from the ground up to be powered by an electric drive system. The result is a vehicle that embodies BMW's commitment to driving pleasure without compromise.

The use of lightweight CFRP for the passenger cell compensates for the extra weight of the battery, while the low, central location of the battery pack enhances the car's agility thanks to perfectly balanced 50:50 weight distribution and a low centre of gravity.

The electric motor generates an output of 170hp, with peak torque of 250Nm on demand instantly. This allows the BMW 13 to sprint from zero to 37mph in a mere 3.7 seconds and zero to 62mph in just 7.2 seconds, while the lithium ion battery gives a range of 80 – 100 miles in everyday driving. This rises by approximately 15 per cent in ECO PRO mode and by the same again in ECO PRO+ mode.

For customers particularly conscious of 'range anxiety', the BMW 13 is available with a range extender engine, powering a generator to maintain the charge of the lithium-ion battery at a constant level while on the move. This is performed by a 650cc two-cylinder four-stroke petrol engine developing 34hp and mounted immediately next to the electric motor above the rear axle. The range extender increases the car's maximum range in day to-day driving to around 180 miles on one tank of fuel. The BMW 13 Range Extender costs £28,830 OTR.

Both BMW 13 models include a three-year, unlimited mileage vehicle warranty and an eight-year, 100,000 mile battery warranty. The battery is also included in the price of the car negating a separate lease charge for battery, as is the case for other electric vehicles.

The price for the BMW 13 starts at £25,080 and £28,830 for the Range Extender. However, leasing is expected to be favoured by customers and the monthly rates are highly competitive. Starting at £369p/m for a 36 month contract and rising to £480p/m for an 13 Range Extender in Suite, the BMW 13 is a compelling package.

Motorists in austerity Britain put economy first

CASH-STRAPPED motorists plan to put economy ahead of every other factor for their next car purchase, according to a new report by car running cost experts CAP Automotive.

Exclusive research among motorists across austerity Britain reveals that economic aspects now trump every other car purchase consideration, including practicality, handling, performance and environmental impact.

Consumers were asked to rank the 16 most important aspects of their car ownership experience in order of priority.

The most important five were purchase price, fuel economy, running costs, overall total cost of ownership and service and maintenance costs.

The old image of the proud car owner showing off their latest vehicle for reasons of vanity is severely dented by the finding that pride in being seen in the right car is ranked 15th among reasons to choose a car.

The growing importance of economy over almost every other aspect of the car ownership experience is driven home by the finding that even practicality, handling and styling are now considered less important than the annual cost of a tax disc.

The research was conducted independently for CAP, the people behind 'Total Cost of Motoring' – a unique free tool that shines a spotlight on all the critical costs of car ownership, including depreciation – the biggest cost of all – to take the guesswork out of future daily running costs.

CAP Total Cost of Motoring (cap.co.uk/consumer) is a simple, free-to-use, tool that uses the benchmark used car value forecasts of CAP Automotive – Britain's leading publisher of vehicle valuation and technical information – to provide a uniquely detailed view of anticipated depreciation, fuel, service, maintenance and other costs.

CAP Automotive's Nick Flood said: "Even we were surprised at these findings because factors like practicality, handling, image and styling have historically been right at the top of the list of reasons for choosing a particular car.

"It is clear that things are changing in austerity Britain when families are putting practicality behind the cost of taxing the next car they plan to buy."

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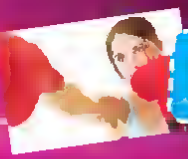
- 20 minutes using boxing gloves and pads
- 20 minutes Core work and stretching



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Football

City hit a dozen

CHICHESTER CITY LADIES launched their new football kit sponsored by local solicitors Owen Kenny with an emphatic win in the Sussex Cup quarter final against Wivelsfield last Sunday. Once again the local company have supported the Ladies side with this generous donation to further strengthen links between club and community. Owen Kenny provide legal services in the local area and keen to support the community which they serve.

It didn't take long for Chichester to race into an early lead with Ambler beating several players on the right hand side then cutting in and slotting the ball past the 'keeper at the near post. The goal seemed to bring Wivelsfield to life and they enjoyed a good spell of possession forcing McNamara to make a fantastic one on one stop just inside her area. As the half wore on Chichester regained their dominance and this paid dividends when they were awarded a penalty for a hand ball. The penalty was calmly converted by Wride sending the goalkeeper the wrong way.

Chichester's third came after an impressive move which started with the ball being switched from Harnett at left back to Hughes Jones at right back, via the two centre backs, from there the ball went into to Wride in midfield who played an inch perfect first time ball over the top into to Strudwick, she then cut the ball back into the oncoming Widdowson who produced an emphatic finish into the top corner of the goal.

It was now Wride's turn to get her second, Ambler was fouled on the edge of the area and from the resulting free kick Wride cheekily put the ball in the bottom corner giving the 'keeper no chance. The fifth came in pretty similar fashion to the third, when the impressive Strudwick broke away down the right hand side and produced a cross which Widdowson headed into the net from close range.

From the restart Lauren Cheshire got in on the act. She was played through one on one and confidently finished past the oncoming goalkeeper. Strudwick then provided an assist for fellow winger Fowlie who came in from the left to meet a cross to score from close range before Cheshire's hard work throughout the match paid off with her second goal of the game. Hat trick heroine Widdowson then scored her third and Chichester's ninth having been played in on goal and showing no nerves, applying a cool finish.

Alexandre got Chichester's tenth when she showed great improvisation from a corner to score with her chest. Substitute Abbey Shrubb scored the eleventh giving the 'keeper no chance, chipping the ball over her into an empty net. To complete the scoring Fowlie cut in from the left hand side and shot from 20 yards, with the goalkeeper looking to claim the ball Shrubb rose in front of her causing the ball to go in. With both players claiming the goal this could be a debate that continues for some time.

Chichester are back to league action this weekend with a game away to Portsmouth University, KO 14:00.

Football

City go down after first half fight

By Chester Browton

CHICHESTER weren t expecting much from this visit to unbeaten league leaders East Preston, but they proved an even match for the title-chasers during the opening 45 minutes before conceding four second-half goals.

EP's first chance arrived in the 4th minute when Liam Baitup had sight of goal, but a heavy touch enabled keeper Anthony Ender to smother the ball.

Three minutes later Baitup headed another effort at Ender following Matt Axall s swinging free-kick. And a further header from Baitup went wide before Tom Levitt then blazed over for EP.

Despite all these opportunities for the hosts, Chichester were having their fair share of possession throughout the first half although they were unable to break down the opposing defence.

Biff Shelley went close for EP following an Axell corner and then Darren Boswell made a dangerous move that led to a scramble in the goalmouth. Baitup's rebound shot went just side.

With half an hour gone, another advance from Boswell culminated with a great shot that Ender did well to push onto the crossbar and away for a corner.

Alex Duncan then sent a ball into the box but Levitt was beaten to it by Ender.

EP's final chance of the first half was their best, with Boswell delivering the ball to the far post where Levitt had the goal at his mercy but yet again Ender blocked.

The ice was broken 4 minutes into the second-half when Baitup was pulled back and, following a discussion between the officials, Shelley converted from the penalty spot.

Mike Huckett headed in the second soon after from a Boswell corner.

By now, the interplay between the EP men had really sharpened up and Shelley scored a superb goal on 74 minutes, backheeling the ball in following a cross from Axell.

With the City players now beginning to tire, EP continued to attack at will. A couple of minutes from the end, Fred Foreman and Shaz Sadough played a great one-two before the latter unselfishly laid the ball off to Boswell who scored the fourth from 8 yards out.

There was still time for Sadough to have another golden chance, but he somehow sent his shot wide with the keeper well beaten.

City: Ender, Heath, Madden, Cody, Bonfiace, Blatchford, Smith, Case, Gromett, Ansa, Ferry. Subs: Brookes, Manners, Croom.

New look u18s continue good start

WITH MANY of Chichester's starting line up on playing duty elsewhere this weekend it was a chance for some of the younger u18s to get some match time.

Chi dominated from the start but one again found it difficult to convert their possession into goals, Oli Gilbert went close after a great run down the right but he blasted over from short range with just the keeper to beat. Chi looked to have scored when Jimmy Wild headed in an incoming corner and the ball appeared to be cleared from after passing over the line but neither the referee or linesman gave the goal despite the claims from the Chi players. However Jimmy Wild was not to be denied his first senior goal for Chi when he stepped up to take a free kick from just outside the box, he curled and dipped his kick over the wall and left the keeper flat footed to put Chi into a well-deserved lead. Chi went into the break 1 0 up.

The second half was pretty much identical to the first with chi making chances but failing to convert despite all their possession. As the game went on the heavy pitch started to take its toll on the players and both teams noticeably tired. The game finished 2 0 and two very tired teams came off a very boggy Steyning pitch. Chi s next game is against Littlehampton on Sunday, kick off 11am at Oaklands.

Chi Team: McApline, Gilbert, Boulton, Lynch (Kondabeka), Lillywhite, Pattison(Lorimer), Chittock, Osman, Perry, Wild, Honeysett (Mulenga).

Straight from the commentary box

Statistics indicate Garcia has laid an impressive foundation

WE RE BACK. Three International weekends are now gone and the push for league points ahead of the festive period begins. The 6 games start with an exciting trip to FA Cup holders Wigan, a team unbeaten at home in the league and going pretty well in the Europa League.

So how well prepared are the Seagulls? Players are beginning to return from injury but they may well find it tough usurping the current starting eleven who have picked up back to back wins. One could be forgiven for thinking the season so far has been hampered by the summer upheaval and the extensive injury list. In fact, the results would suggest otherwise. The Albion are just short of a third of the way through the season and after 15 games have secured 21 points. Back in 2011 a 1 0 defeat at Vicarage Road against Watford left Gus Poyet's men with a haul of 20 points from 15 games. Last year a late Stephen Dobbie (remember him!) goal secured a 1 0 win that gave them 23 points from 15 matches.

As I have mentioned on many an occasion I am not obsessive over statistics but they would indicate that Oscar Garcia has laid an impressive foundation so far this campaign. His first job in England may well bear fruit in the seasons ahead but bearing in mind the obstacles in his way he should be commended. After Wigan we can also look ahead to another long trip to Middlesbrough in December. We know Garcia immersed himself in coaching La Masia at Barcelona but he will come up against former Real Madrid assistant manager Aitor Karanka who is the new head coach at the Riverside. The 40 year old worked under Jose Mourinho for three years at the Bernabeu, but, like Garcia, has no previous managerial experience in England.

It's a growing trend that foreign managers are moving to England to experience the hustle and bustle of the game here. Some people decry the opportunities they believe are denied to young English managers but I believe talent, with hard work, means the best always rise to the top. I have huge admiration for Eddie Howe and Karl Robinson but the arrival of different mangers, with different ideas, from different countries isn't a problem to me. The trend may well continue and if coaches who focus on technical excellence and also embrace the vitality of the English game, young players in the Championship may well benefit and help produce more talent for the national team.

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Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	13	37
2	HASSOCKS	13	27
3	LITTLEHAMPTON TOWN	12	25
4	HORSHAM YMCA	13	24
5	CROWBOROUGH ATHLETIC	13	23
6	DORRING WANDERERS	14	22
7	LINGFIELD	13	21
R	NEWHAVEN	13	21
9	SELSEY	13	20
IR	EAST GRINSTEAD TOWN	12	19
11	PAGHAM	13	15
12	RYE UNITED	12	15
13	ST FRANCIS RANGERS	13	15
14	CHICHESTER CITY	13	15
15	RINGMER	12	12
16	ARUNDEL	11	12
17	SHOREHAM	11	11
IR	LANCING	12	11
19	HAILSHAM TOWN	12	4
20	WORTHING UNITED	12	3

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	12	29
2	LOXWOOD	14	29
3	HAYWARDS HEATH TOWN	14	28
4	STEYNING TOWN	12	25
5	BROADBRIDGE HEATH	12	24
6	LITTLE COMMON	14	23
7	MILE OAK	13	23
R	REXHILL UNITED	14	22
9	AFC UCKFIELD	12	19
IR	WICK & BARNHAM UNITED	13	IR
11	OAKWOOD	12	13
12	WESTFIELD	12	12
13	STORRINGTON	13	11
14	SEAFORD TOWN	12	9
15	RUSTINGTON	13	8
16	SALTDEAN UNITED	12	7
17	MIDHURST & EASEBOURNE	14	6

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	7	19
2	IFIELD	9	IR
3	ROFFEY	9	15
4	FERRING	R	13
5	BILLINGSHURST	9	13
6	SIDLESHAM	7	12
7	ROTTINGDEAN VILLAGE	10	11
R	HURSTPIERPOINT	9	IR
9	UCKFIELD TOWN	7	7
IR	CLYMPING	R	7
11	SOUTHWICK	9	6

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